

**SIMPLIFIED
BIO-CHEMISTRY**



Class RM130

Book M4

Copyright N^o _____

COPYRIGHT DEPOSIT.



Simplified Bio-Chemistry

Compiled and Simplified

By

EDA MEAD, Instructor in the Use of the Vital Minerals,
Schuessler Method

A MODERN TREATISE

on

Vital Body Minerals and Their
Relation to Health

3
3 2,3
3 2,3
3 2,3

Copyright, 1922

By NATIONAL HEALTH MINERAL CO.

Sioux City, Iowa

RM 130
.MA



DEC 18 1922 ©C1A692453

no 1

**This little Text-Book is dedi-
cated to the home folk with
the hope that the home may be
made happier as the result of
Good Health.**

PREFACE

The following work on Bio-chemistry is compiled for the use of the home.

The Author, after teaching the need of the vital minerals in the body, to home people for a number of months, has been led to see the great necessity for instruction, among the majority of people, in the building of a physical body, which can function in a normal way thereby producing good health. The material found in these pages has been collected from the books written by doctors, chemists, and food specialists, who have made a life study of their subjects, from 1832 to the present time, together with material gathered from actual experience.

It is the hope of the Author to make the text book so simple that any who read may be able to understand and thus work out a plan in their own homes, which will do away with the ravages of disease.

BIO-CHEMISTRY

Bio-chemistry means life-chemistry. Taken literally means, that branch of science, which treats of the composition of living substances in both man and animal, and of the processes of their formation. Today we find the definition of Bio-chemistry has resolved itself into a science, which treats of the composition of the bodies of animals and vegetables, the process by which the different fluids and tissues are formed, the nature and causes of the abnormal conditions called disease, and the restoration of health by supplying to the body the deficient minerals. The chemical composition of nearly every fluid and tissue in the human body has long been known, but until Bio-chemistry was introduced, no practical use had been made of this knowledge in the treatment of the sick.

In 1832 this fact was discovered: "All the essential component parts of the human body are great remedies." And again in 1846: "All constituents of the human body act on such organs principally where they have a function." A Professor of Rome, in his work on "Vital Circulation," made this statement: "The structure and vitality of the organs, of the body, depend upon the presence of the necessary quantities of the inorganic constituents." It was this statement which set Dr. Wm. H. Schuessler to think that the sick might be healed with "substances that are natural to the body in a chemical way." In March, 1873, Dr. Schuessler published his first findings along this line. From that time until today, 1922, doctors, chemists, and food specialists have been working on this problem, until now it is an established fact. Bio-chemistry is a science, not an experiment.

There is no more of mystery and miracle about it than about all natural law. Law, immutable law, is our only means of health. We may make mistakes in answering nature's demands, and thus fail. The law, never.

Life begins and ends in a cell. If this cell is given the proper material with which to build, we in time have a completed animal, each organ carrying on its allotted task as was intended by the Creator. The food and drink taken into the stomach, and the air breathed into the lungs furnish all the

materials of which the body is composed. By the juices of the stomach, pancreas, and liver, the food is dissolved and useful particles are taken up by the absorbents. These are carried to the lungs, where, by the addition of oxygen from the air, they are changed to blood. The blood supplies the materials necessary to form every tissue and fluid and for carrying forward every process. An analysis of the blood shows it to contain organic and inorganic matter. The organic substances are sugar, fats and albumen. The inorganic are water and minerals. Water makes up over 14-20 of the human body, minerals 1-20 and organic matter 5-20.

Not until very recently has the true value of the mineral content of the body been appreciated. Being little in quantity they were thought to be of little importance. But now it is an established fact that the minerals are the vital portion of the body, the workers, the builders; that water and organic substances are simply inert matter used by these minerals in building the cells of the body. The lack of one of these minerals causes an unnatural condition of the body, the lack of more than one depletes the whole mineral content of the body, therefore we are sick, disease has set in.

Every disease, which afflicts the human race, is due to a deficiency of one or more of these minerals. Every pain or unpleasant sensation, indicates a deficiency of some mineral in the blood stream. Health and strength can be maintained only so long as the system is properly supplied with these minerals.

Of earth and air man is made. This shows our intimate connection with the soil of the earth. Man, through the medium of plant life, is a product of the soil. All the main elements enter into his composition. Were the soil barren of these minerals, plant life would be unknown and man would cease to exist. An equilibrium of the mineral content is as necessary in fertile soil and plant life as in the human body. It is a law immutable and has existed since the world's creation.

Now having learned that disease is not a thing, animate or inanimate, but a condition due to a lack of some mineral in the blood stream, it follows naturally that the proper method of cure is to supply to the blood stream that which is lacking. We can readily see that to give to a sick person anything which is

not natural to the body, may cause a change of the condition but cannot supply the element which first caused the disease.

Our old system of giving a poison to counteract another poison is simply inhuman. True, many have survived it, but equally many have been hurried thus to their graves. The diseases of today, termed incurable, because no drug could be found to counteract them, disappear like magic under the mineral treatment. Dr. Schuessler says, "The mineral in the blood and tissues are sufficient to heal all diseases which are curable at all."

We pick the flowers and leaves from our plants, knowing that if proper food is given to the plant new flowers and leaves will grow in time. But we cannot feed that plant any kind of substance not natural to the plant and by so doing expect the flowers and leaves to form like magic. We must give to the plant its natural food and only in quantities which can be used as needed. Then in time natural flowers and leaves will appear in nature's own way. The cells of the body are formed in just this way. Different kinds of cells build up the different tissues and organs of the body. The difference in the cells is largely determined by the mineral which enters into their composition. If we burn the body or any tissues of it, we obtain the ashes. These are the minerals of the body, Iron, Magnesia, Calcium, Potassium, Sodium, and Silica, which are the master workmen of the tissues.

Nature takes these minerals from the fertile soil and in her chemical laboratory triturates them into the tissues of all plant life, grains, vegetables and fruits. Thus when the animal eats these foods, the blood stream is able to get them in nature's way. Therefore nature's way to cure diseases would be to find the food containing the called for mineral and put it into the blood stream by the process of digestion. Sometimes this is hard to do as will be explained in the following pages.

Dr. Schuessler's plan was to triturate the mineral with a food which was natural to the body, so that it could be carried directly into the blood stream where it would drop into the needed place without disturbing the action of any of the already healthy cells. He chose sugar of milk a substance natural to the body, as the vehicle to carry the mineral to the sick cell.

Now came the problem as to the right trituration. At first

the third trituration was used for general practice. He had wonderful success, but it did not always work. Chemists finally analysed the plant life to determine the exact percent of mineral we get from each food. From that analysis they found by triturating all the minerals to the 6th potency, except calcium fluoride, iron phosphate and silica,, these to the 12th potency, they would come as near to nature as they could, thus forming a very good substitute for the natural food. The next step is to know what mineral is needed for the up-building of the different tissues and for natural chemical action.

This knowledge is derived from physiological chemistry. Thus we find those entering into the building of nerve cells are magnesia, potassium, sodiums, iron and calciums. Of bone calcium, silica, etc. Of muscle potassium, calcium, magnesia, silica and sodium. Doctors have watched the need of these different workers in the bodies of their patients from the time of Schuessler until they have formulated a system of symptoms, or signs, by which they can tell the mineral needed. These calls take the form of signs, pains, discharges and tongue conditions; nature putting forth a call for the mineral with which to carry on its work. If this call is answered the body remains normal, if not disease begins.

We will now endeavor to give to the student of Bio-chemistry a text book of information which will make it possible for each home to build health, by following instructions contained herein. Thus allowing the members of the home to live out their allotted time in a comfortable and natural way.

FOOD

Why do we not get these necessary minerals from our daily food supply? To answer this we will take some facts from "The Science of Eating" by Alfred W. McCann, a man who gained his knowledge of food conditions in America through years of service "on the inside" behind the screens. His constant daily associates were federal, state and municipal food inspectors, chemists connected with federal and state departments of agriculture, food manufacturers, importers, jobbers and commission men.

"The Globe" a New York newspaper equipped him with a laboratory and set him free to report the results of his discoveries. Mr. McCann has come to the conclusion that the only way the American people will be able to bring about a reform in foodstuffs is through the American school children. They must be taught the meaning of demineralized and depraved foods; through the process of bleaching, coloring, sifting, bolting, degerminating, chemically treated, and refined; that they must be taught the relationship of foodless food to sickness and death and the relation of natural food to health and life. It is only in this way that America can be brought to successfully wage war against abuses which threaten the very foundation of national health.

God gave to man his natural food which contains a formula for the nourishment and disease-resisting vitality of the human family. Man not content with nature must make over, to suit his perverted tastes, all foods which do not appeal to his sense of refinement. Upon these extracted or processed elements life itself depends.

The nation has gone mad over the idea of sanitation, to get rid of the many supposedly infectious germs, which are conceded to fill the air. Hygiene has been taught in the schools, until every child is a walking encyclopedia or information along both these lines. The subject of the proper amount of organic matter, such as proteins, carbohydrates, fats, etc., which should be placed in the body, has been tabulated to the highest degree possible. But not one word along the line of mineral,

yes, to be sure they are found in the food but in such small quantities that of course they cannot have any special bearing on life.

Now comes Bio-chemistry, to tell us what a tragedy has been enacted all down through the many years. True, many scientists have known of the real value of the minerals in the chemical actions of the body, but the fact that they could be replaced in the body in the form of food has not been known to but a few, but these few, have been inclined to keep it a secret, from a monetary standpoint.

“There is a peg in your shoe. It hurts your foot. It bruises and cuts the flesh. It sets up an irritation; you consult a doctor. He applies oils, lotions, and germicides. He bandages the sore spot. You continue the treatment but complain that your foot will not heal. Of course not. Some day it may occur to you to remove the peg. Nature will then do her own healing, but not until the cause of her woe has been removed. All the serums, antitoxins, tonics and therapeutic agents of medical science will not heal our physical disorders while that peg, of refined foods, is in our national shoe. It is the cause of baffling infirmities that defy the scalpel of the surgeon and the prescription of the physician. It is the unseen agent whose work laughs defiance at the soundest scientific revelations of the laboratory and clinic.”

At a meeting of medical men in Berlin in 1913, this statement was made, “Natural immunity to disease is very closely connected with the food. As soon as a slight disturbance of nutrition occurs the child loses this natural immunity. Water-logged tissues lose their immunity. Refined foods increase the amount of water in the tissues, and promote a rapid rise in the body weight. Children fed upon sugars and starches become fat and show slight resisting power against infection.”

As we continue to look at the food supply from a Bio-chemic standpoint, note this, “Many of the miseries which we rashly and presumptuously attribute to Divine Providence are visited upon us not by God but by ourselves.” Any law laid down by the Creator of all things, whether it be spiritual, mental, or physical, if broken or perverted causes suffering, unto the third and even the fourth generation. Much of the processed foods of today are made so in the first place by the

people themselves. They demand refined, bleached, demineralized, degerminalized foods first, because they look better, secondly they keep better.

All life demands the same vital elements for building tissues. The worm will not trouble demineralized, degerminalized foods. The manufacturer advertises, that his flour has been washed, brushed, scoured, screened, and sifted, through grits, gauze and silk bolting cloth until nothing leaves the mill but utterly perfect flour. Another manufacturer advertises that their corn meal contained none of the fibrous outer coat, none of the oily germ, nothing but the flinty starchy part of the corn. Wheat contains the twelve minerals. It also contains a ferment called vitamine, the part of the grain which sprouts and reproduces; this germ is found to be an essential element to all life. Chemists have never been able to find the hidden vital element in the germ of any plant, but they have found that all life must have it to keep normal health, so they have given it the name vitamine. This is the part of the grain which must be removed or worms will bother.

We say, "Bread is the staff of life." It has been proven that animals placed upon a diet of our American white bread will sicken and die. While animals placed upon whole wheat, (100% whole wheat, 10 pounds of flour from 10 pounds of wheat) bread if natural milk and an unbleached animal fat be used in its composition, will grow and become fat. Think of the denatured crackers, biscuits, cakes, rolls, and the dozens of concoctions put out by the baker to the millions of boys and girls all over the land. Thus we send in one year nearly 400,000 children under ten years of age where white bread and starchy biscuit are no longer needed.

We hear, "the bran of wheat is a powerful irritant; it is indigestible." Pepper is indigestible, so is nutmeg, cinnamon, ginger, mustard, and cloves. The fibre of orange, pineapple, celery, string beans, asparagus, and canteloupe is "indigestible," and for the same reason, if the word is assumed to mean that they cannot be taken up by the body and transformed into tissue. In its course through the body the bran surrenders its soluble extractives which are taken up by the tissues and the residue which remains behind is a water absorber. As such it performs a most important and necessary function in the in-

testines. We eat the bran every time we eat an ear of corn, baked beans, and fresh peas, all legumes furnish a very necessary substance without which energy-producing foods are useless to the living body.

Constipation is one of the curses that white bread and refined grain food has imposed upon humanity. A thousand ills are traceable to this disorder. Bran not only furnishes indispensable minerals to the body; it also acts as a regulator of the peristaltic action of the alimentary tract by which the contents of the intestines are kept moving onward and downward. The cause of cancer is not known, but doctors are beginning to think constipation is the real or first cause. Two eminent doctors are putting out this advice: "Whole wheat bread, whole rye bread, or pumpernickle should be used in preference to white bread. Whole oatmeal and coarser cereals, such as whole corn meal are important adjuncts."

In the cities the milk is processed to kill the germs and make it keep for a longer period of time. The whole natural milk is a complete body builder. Our fruits and vegetables are peeled, and boiled to extract all the mineral, both the peel and the water, in which they are boiled, are thrown away, thus leaving a refined devitalized food. Our fruits are pared, and the peeling discarded. Thus silica, one of the most needed minerals, is lost to the body. And so we could go on and show how we are deliberately bringing all the diseases the human body is heir to, upon ourselves.

MEAT

Just one word on the subject of meat. There may be a place for meat in the diet of man, but this meat must be taken from the carcass of a healthy animal and eaten before it is permeated with poisons formed while being kept in cold storage. When we eat meat we eat the end-products of the animal's life processes; urea, uric acid, animal sweat, dead cells, toxic waste, etc. Our whole grains, legumes, and milk will supply us with just as much nitrogen without the poisons.

When a man attempts to live on an excess of meat and is forced to neutralize the waste produced by meat digestion, also the waste generating in his own body, thereby imposing upon his organs of elimination a double task, he is at the same time attempting to sustain himself with imperfect foods. Then he complains of constipation, biliousness, headache and albumen. Meat tends to make the blood acid. To render these acids harmless they must be neutralized in the body. The vegetables furnish the elements necessary to neutralize the acids. Meat eaters should eat plenty of fresh vegetables and not throw away the water in which they were cooked. The man who eats twice as much meat as he ought to, must eat twice as many vegetables as he can hold. Thus far no surgeon has been able to devise an operation which will enlarge the stomach to such a capacity. We expect our horses and cattle to develop wonderfully strong muscles by eating the natural grains and grasses. Why cannot man do likewise?

If you are strong, healthy, all organs functioning perfectly, 100% well. Then the body could care for some of the foods which have no building power in the body. But if you have some disease which you want to eliminate, a diet of only the foods, which will carry the greatest amount of mineral and cause the least work in elimination, should be used. As has been stated, whole wheat contains all twelve minerals, milk in its natural state and eggs, especially the yolk, are rich in the twelve minerals. All kinds of fruits all vegetables and all grains make ideal foods if they are natural, unprocessed.

THE MINERAL

HOW TO GET IT INTO THE BODY

The minerals were first put out in powdered form, but today the tabloids are being used throughout the world. Thousands of doctors in America and other countries are using them in their practice, dealing them out in medicinal doses or mixing with drugs.

When Dr. Schuessler first put the minerals out, that could be done. All food was natural. The outstanding calls could be answered and results quickly obtained. But today we find it necessary to use the mineral triturated with sugar of milk as a food, thus supplying the blood stream with the vital elements which have been discarded by the refining and processing. Hunger is nature's demand for food.

Every act of the body from the tiniest cell to the movements of the different organs of the body are chemical actions. Therefore if all the elements necessary to a perfect chemical action are present, the body is normal and we have health. When these vital elements are deficient, nature sends out a distress signal in the form of coated tongue, pains, discharges or signs. The deficiency of each vital element having special calls of its own. Since the food is so lacking in all the vital minerals we find that most all people have mineral starvation along many lines. The little pains, and unpleasant sensations which we pride ourselves on being able to work off, are distress calls for minerals. If these little things are taken care of more severe acute attacks or chronic troubles will never appear.

The sudden attacks of heart trouble, the attacks of apoplexy and paralysis, the awful rheumatic conditions, consumption and all the numerous catarrh and kidney troubles are never the first calls. The person has gone for years with many unnatural conditions, not bad, but nature has substituted, and taken every way possible to keep up the normal chemical actions with the material at hand. There comes a time when the mineral which has been substituting is deficient, then the

body is down and out. If these minerals can be used in every home, until our food is put out again in its natural state, the next generation will not be afflicted with the diseases of today.

How to get the mineral into the blood stream is the question? Study nature's language, study your body until you understand the work the different organs should do, and the relation each mineral bears to the tissues of the body, then eat the mineral nature is demanding. You have long ago learned that hunger and thirst meant food and water. Now you have got to increase your knowledge a step farther, and learn what each pain and discharge or unpleasant sensation is calling for. This is very simple with a little effort on your part. When you are hungry or thirsty you prepare your meal or go to a place where it is prepared for you and eat it. You have had the vital elements of the body prepared for you, in the form of tabloids. Therefore eat the tabloids.

Chemists have tried to figure out just about what amount of mineral you should be getting in a helping of the mineralized food you eat. These tabloids are put up in small and large sizes. They have figured five tabloids of the small ones or one of the large ones, would contain about the amount for all people over five years of age. A baby eats milk alone, as milk contains all twelve minerals, you can see that the amount of minerals taken with each meal is very small, so one small or about a fourth of a large tabloid would be sufficient. If you should eat more of the mineral than your body needs, no harm will be done only to your pocket book. If the trituration is high nature will be able to get what she needs and discard the rest. If it is low she may not be able to use it at all, because it is too concentrated, not as fine as found in the plant life.

A good plan would be to keep the mineral in the dining room eat the mineral at meal time. Two or three helpings of the mineral needed should be eaten three times a day, morning, noon and night. If the whole twelve are needed eat them. If you have out standing calls where you are needing more of one or two than the others, eat them. If you had a dish of candy on the table, you would eat a piece of one kind, then a piece of another kind or two pieces of the same kind if you felt like it. Eat your mineral in the same way. If you carry your

lunch, take the mineral for a desert. If you eat away from home at noon, carry a bottle with the mineral you think you should have at noon, eat it as you would after dinner mints.

The successful way to get the mineral into the blood-stream, is with the food, because that is the time it is needed to convert the food into proper elements. This plan will take care of all chronic troubles and keep health. But if you have an acute attack from some unknown cause, take the mineral nature is calling for, eat it every few minutes until the trouble begins to leave, then stop, nature will do the rest. Or if you have to be at work put the mineral in a box or bottle and eat it as you can. Mineral does not take the place of doctors any more than bread and butter does.

If you have a complicated trouble, a mis-placed organ, muscle or bone the doctor is your only salvation, then use mineral to strengthen the sore place. Broken bones, bad teeth and many other conditions call for expert advice and aid. Mineral simply makes it possible for you to give to the body the elements nature intended it to have to function normally. There are some incurable troubles which doctors will tell you drugs do not and cannot reach. If taken in the first stages, nature will cure them. One quite prominent surgeon is a pioneer in fighting the terrible fad of pumping serums into the blood stream to kill germs. Nature has provided a natural way to dispose of these and the serum only makes so much more unnatural waste to be eliminated, so many more cells to be built up. Eat mineral with your meals in an intelligent way, keep health, the germs will take care of themselves and not trouble you.

DISEASE

CLASSIFICATION OF MINERALS

People who do not keep their bodies properly mineralized become diseased. These germs or bacilli are spread only among people whose bodies are likewise demineralized or unnatural. Scientists have found that bacilli may be propagated in an acid solution, but when changed to an alkaline solution they will die. If they are propagated in an alkaline solution they will live and grow but when changed to an acid solution they will die. We find nature has wisely made use of this fact, by providing the body with the alkaline saliva the acid gastric juice and the alkaline intestinal juices. If these juices are normal it would be almost impossible to "catch" a disease.

We find the minerals naturally divide into two classes the builders and the eliminators. Every act of the body is the result of a chemical action, the building processes, every move, every thought, every sense, is the result of a chemical action. By means of these chemical actions millions of tiny cells are torn down. These cells were made of a solid, a water, and a gas, hence this refuse must be eliminated before a new cell can be built. The blood stream must contain at the same time the material to do this eliminating, and to rebuild the torn down cells. If the eliminators are not there the waste either remains in its place, thus causing inflammation and soreness, or is carried by the blood and deposited in some organ to be eliminated by a substituted way.

Now this waste, which should have been eliminated naturally, is lodged in some organ or gland, the heat and moisture from the body soon causes it to decay, a germ or bacillus has formed. If this is lodged in a muscle we have rheumatism, if in a joint articular rheumatism, if in the lungs consumption, if in the kidney, Bright's Disease or diabetes, if in the throat, enlarged tonsils etc., and so on, thus we can see the first cause for any disease. But suppose we have the eliminators, and it is the builders which are deficient, then we have

the anaemic conditions, nervous prostration etc. Suppose both are lacking, consumption, and diabetes are diseases of this character.

The liver is our chemical laboratory, every bit of food or drink taken into the stomach must go through a chemical change in this organ. The poison or substance which cannot be utilized as either builders or eliminators, must be separated and disposed of through natural channels. Now you can readily see, that if this organ does not have the proper materials with which to perform natural chemical actions or if we send too much waste to be eliminated, and the liver lets some of the poison get into the blood stream, there will be trouble of some sort.

Nature will not long carry this poison through the circulation, but will deposit it in some organ for elimination, and once nature forms the habit of dumping this waste, she continues to do so indefinitely until we sometimes find it hard to get her back into normal action even when all the material needed is supplied. Such a condition is what we call a "chronic disease." If we answer the first signals of distress, answer every little unpleasant sensation or pain, these bad conditions will never occur.

Let us consider the complications which arise from an acid condition. This is the seat of almost all of the diseases of the present day. We will say too much acid in the blood stream, this means the calciums are decomposed or broken up, nature must substitute, either a potassium or magnesium to take up the work of the calciums. That breaks the whole line of builders and eliminators, leaving a way open for any number of diseases. If the first acid call could have been answered by giving the body the sodiums, all those numerous diseases could not have gained a foot hold. But now that they are there, it takes almost the whole line of minerals to get the body back to normal chemical actions.

As was said before, the body is made of solid tissues, water fluids and oxygen or gas. The minerals necessary for the building of bone and muscles are:—calcium fluoride and calcium phosphate, with the solid waste eliminator calcium sulphate. For the building of muscles and nerves are magnesium phosphate, potassium chloride and potassium

phosphate. While potassium sulphate eliminates the gas waste through the pores of the skin. The water builders are sodium chloride and sodium phosphate. While sodium sulphate eliminates the waste water from the cells through the natural channels. The oxygen is carried to the cells by iron phosphate. Therefore to have and to keep perfect health we must feed the body only the elements necessary to make perfect chemical actions.

CALCIUM FLUORIDE

This mineral is found in every cell of the body. It unites with albumin in such a way as to create elastic fibre. It is the lack of this mineral which is the first cause of falling of the womb, varicose veins, and a general "sagging down condition" swellings of stony hardness are due to a lack of this mineral, as lumps in the breast. This mineral is necessary in the building of connective tissue and the enamel of the teeth.

We find this mineral is called for in the following conditions. Tumors on the head, cataract of the eye, blurred vision, stuffy cold in head, any bone disease, chaps or cracks of the lips or nose, teeth decaying or loose. Tongue cracked, relaxation of blood vessels of the throat, vomiting of undigested food. Hemorrhoids, all pile conditions, all bowel conditions. Pain in lower part of back. Increased quantity of urine, dropsy of the testicles. Hardening of the testicle. Menses excessive, flooding with bearing down pains. Uterus relaxed or hard. When after-pains are too weak. Tickling in larynx with cough. Enlargement of heart, irregularities of heart's action. When due to prolapsus of uterus and other relaxing diseases. Low blood pressure, High blood pressure.

Relaxed condition of muscles, allowing easy discoloration of the fingers. Chapped hands, skin hard and horny. Fissure of the anus, fistulous ulcers, encysted tumors. Dropsy from heart disease. This mineral alone cannot build or correct trouble, must be used with other builders and eliminators called for. Hot applications will help hardened conditions, cold will help if contraction is required.

CALCIUM PHOSPHATE

This mineral is found in every cell in the body. It is one of the vital minerals. Not one bit of food can be utilized unless this mineral is present. It puts the energizing element in the albumin. If there is not enough calcium phosphate to properly energize the albumin, it cannot be used, and if left in the blood would become a disturbing element. Nature therefore to keep peace throws it off by some route, if through the kidney, bright's disease. If through the nose, catarrh. If through the lungs, consumption. If through the skin, pimples, eruptions, freckles, eczema, or perchance sores.

Calcium phosphate is necessary in gastic juice, therefore the lack of this mineral causes indigestion. It may be the cause of an acid condition. When this mineral is deficient nature may draw upon sodium phosphate to substitute. That leaves sodium phosphate deficient hence the acid condition. Calcium phosphate and magnesium phosphate resemble each other thus make very good substitutes, so much so that a clear call for magnesium phosphate may require the help of calcium phosphate to relieve the condition, and vice versa.

It is understood that some of all these minerals are present in the body at all times, and it is only when they fall below the amount needed to form a perfect chemical action, that trouble ensues. Albumin is good matter being wasted, for lack of sufficient calcium to energize it. Scientists have found that atoms of the deficient mineral are always carried out with the discharge, thus depleting the body to a greater degree.

It has been found that calcium phosphate is the essential mineral in the following conditions:—Peevish, fretful children, poor memory, unable to concentrate thought, mind wanders, weak minds from whatever cause. Dull stupid, desire solitude. After grief, disappointment, or pain. Loss of hair, bald spots, weak eyes, paralysis of retina. Disposition to take cold. Any form of anaemia. Bad disgusting taste in mouth in morning caused from non-assimilation of food. Retarded growth of teeth. Constant hoarseness. Hemming and scraping of throat when talking. Burning and soreness in throat and windpipe

in chronic catarrh. Abnormal appetite, but food causes distress. Sore stomach. Cold drink and food aggravates pain but heat relieves. Sinking feeling in stomach. Any condition of sexual organs in either male or female. Aching limbs in pregnancy. Poor milk after pregnancy as a restorative.

All chronic coughs. Used in almost all cases of heart trouble. Needed in all nervous troubles. Rickets, stunted growth, diseases of pancreas. As a tonic for all delicate people, vivid dreams. Worse at night in damp or cold weather.

CALCIUM SULPHATE

This mineral clears away the solid waste when a cell has been torn down from any cause. The deficiency of this mineral allows the waste to remain in the tissue thereby causing the destruction of other cells, soon these decay, inflammation sets in and we have a pus condition. Then silica should be used first and calcium sulphate to complete the work.

If the calcium sulphate had been on the job in the first place the trouble would have been averted. We may have discharges of albumin, fibrin or water from a lack of other minerals, and still have a sufficiency of calcium sulphate. Calcium sulphate is essential in any diseased condition. But especially needed in pus conditions, silica first then calcium sulphate to close up the sore.

IRON PHOSPHATE

Iron Phosphate colors the blood corpuscles red, carries oxygen to all parts of the body, and thus furnishes the vital force that sustains life. Without a proper balance of iron in the blood, health cannot be maintained.

When a deficiency in this mineral occurs, the circulation is increased, for the blood tries to carry oxygen enough to all the tissues of the body with the limited amount of iron at hand, and in order to do so must move rapidly. This increased motion causes heat, which doctors call fever. You can readily see it is not the heat alone that causes the fever, but the deficiency of the iron which causes the deficiency of oxygen. A deficiency of potassium chloride usually follows a shortage of iron phosphate.

This lack of iron in the blood is one of the causes of "colds." When a deficiency occurs, nature, following out a natural law, draws the blood away from the skin, in order to supply the vital organs, heart, lungs, liver, brain, etc. This, on account of the closing of the pores of the skin, gives rise to accumulations of waste matter, which must be eliminated through some other channel; therefore is thrown out, as a discharge, by way of the mucus membranes, and forms the discharges of colds, catarrh, pneumonia, pleurisy, etc. Thus, any inflammation is a call for iron phosphate.

The iron phosphate toughens the cells in the circular walls of the blood vessels, hence a lack of iron frequently causes a breaking down of the walls of little blood vessels, producing hemorrhage. All hemorrhages, wherever they may be, call for iron phosphate.

The calls for iron phosphate are, rush of blood to the head, congestion of the brain, headache to touch, nose bleed, inflammation of the eye, any soreness, all fevers. We find when any distressed condition exists, iron phosphate is needed. This mineral is needed in the building of every cell in the body.

Potassium chloride is essential in the forming of fibrin, and fibrin is essential in the carrying of the iron phosphate to the cells, so we can see the need of both these minerals.

Wherever possible it is well to use these minerals externally diluted in water or powdered and used as a poultice. All cuts and bruises, or wherever the skin is broken, is a call for powdered iron phosphate. Both Iron phosphate and potassium chloride are used in case of a burn.

This mineral is used with potassium phosphate and magnesium phosphate in case of sleeplessness, from an enfeebled or relaxed condition of blood vessels, allowing an accumulation of blood on the brain, or from worry or excitement.

Most of the signs under this mineral are of a congestive nature and are relieved by cold and aggravated by motion. The cold should be applied directly to the congested part. If inflammation is deep-seated, heat should be applied to relieve the congestion of the deeper vessels.

POTASSIUM CHLORIDE

This mineral is found in every cell in the body except bone. The albumin must be changed to fibrin by means of the potassium chloride, and unless this mineral is present in the proper amount, fibrin cannot be held in the blood stream in the proper balance.

The iron in the blood becomes deficient when there is a discharge of fibrin. It seems that fibrin, properly energized by potassium chloride, is a carrier of the iron which takes up the oxygen, and carries it to all parts of the body. Hence we can see the two iron phosphate and potassium chloride work together to such an extent that a deficiency of one causes a deficiency of the other.

Potassium chloride is essential in the secretion of the saliva. Potassium chloride is the chief mineral for a burn. It has been found that fibrin in the blood is the first to be destroyed by the heat. Hence an application of potassium chloride will unite with the albumin of the blood stream and produce new fibrin to supply the deficiency. Iron phosphate must be used also to supply the oxygen.

Wherever a bunch of cells have been torn down, creating a demand for a large amount of building and eliminating material at once; the mineral needed in building every cell in the nerves and muscles should be used.

Potassium chloride tones the liver. It is very essential in all growing children, they seem to be at the point of deficiency in this mineral at all times. If a child is well fed on the blood stream minerals, the three calciums, iron phosphate and potassium chloride, they are not so likely to take children's diseases. If they show a tendency to acid conditions add the sodiums.

Potassium chloride is essential in all cases where the tongue is coated white or grayish white, in all throat conditions, all fevers, all soft swellings, all sluggish actions of the liver, want of bile, needed also in conjunction with sodiums for governing the liver.

Tonsils will not have to be removed if potassium chloride and iron phosphate with the eliminators are on the job. Any

swelling of glands. In fact this mineral is always needed with any bad condition which may come up. Wherever possible should be used externally, diluted in water. Always needed when worse after eating fats, pastry or any rich food.

POTASSIUM PHOSPHATE

The gray matter of the brain is controlled entirely by this mineral. It unites with albumin and oxygen to create gray nerve fluid or cells. Of course there is a trace of other minerals, but this is the vital mineral. The gray cells are the master workmen of the body. They superintend the building of every tissue in the body. They create every energy we possess. Let any part of the brain be injured, the muscles controlled by that section of the brain are useless and soon shrivel and die. We find a need of potassium phosphate in all troubles of the body where ever cells are to be built.

A greater need is in all mental conditions such as worry, pain, overworked business men or women, the overworked mother, the monotonous life of the farmer's wife and in all disorders arising from a want of nerve or brain power.

Tongue very dry in the morning; feels as if it would cling to roof of mouth. Very offensive breath is always a call for potassium chloride. Pulse sluggish and below normal. Intermittent, irregular pulse. Palpitation, with nervousness, anxiety, melancholia, sleeplessness and restlessness. Palpitation on ascending the stairs, with shortness of breath. Poor circulation, fainting and dizziness. A softening of spinal cord from no other diseased condition, with a gradual molecular deadening of nervous centers. Paralysis or partial paralysis of limbs, lameness and stiffness, parts feel stiff, severe in morning, after rest or when rising from a sitting position. Dragging pain down back of thigh to knee, accompanied by stiffness. Hysteric attacks, ball rising in throat. Insanity, hysteria, itching of skin with no apparent cause. Itching on inside of hands and soles of feet. All wasting diseases. Any condition in early stages of mortification. Cancer, greatly relieved by the pain. Rickets, atrophic conditions, excessive and exhausting perspiration. Walking in sleep.

Symptoms worse from noise, exertion, arising from sitting position. Pain worse by continued exercise and after rest. Better in company, worse when alone.

POTASSIUM SULPHATE

The work of this mineral is to eliminate through the pores of the skin. We find gas, water and some solid waste being thrown out by this means. In health the microscope reveals the fact that little jets of steam are constantly escaping from the seven million pores of the skin. When these pores become closed, it can be seen that some trouble must occur. Potassium sulphate when in proper balance keeps the skin oily and pliable so that it can carry on its work of elimination.

The body must have oxygen, with which to build any cell. During the day while we are about our duties we fail to breathe deeply enough to give the blood flowing through the lungs enough oxygen. Nature must have this worker or life would cease. Therefore potassium sulphate which is also an oxygen carrier is called upon to assist in the distribution of this mineral. The skin is left without a worker. This brings about conditions which are worse toward evening and up until midnight. As soon as the person goes to sleep and takes full deep breaths of fresh cool air, the body is properly oxygenized and potassium sulphate can go back to its work. So we can see the need of extra potassium sulphate when conditions are worse in the afternoon or toward evening.

Any suffocative feeling is a call for this mineral. Dandruff on the scalp, falling hair. Scaling of scalp with sticky secretions. A yellow greenish discharge from any organ, sharp cutting pains in the ear, dryness of lip, skin peels off, any catarrhal condition, colds with dry harsh skin. Give frequently, the majority of colds can be broken. Cancer of face and nose. Shifting pains. Dread of hot drinks, thirstlessness. Pains of colicky nature, caused by sudden changes from heat to cold. Abdomen cold to the touch. Bloating of abdomen. Sulphurous odor of gas from the bowels. All skin diseases, all eruptions of the skin; aids in formation of new skin.

Aggravation in a heated room or in evening. Better in cool open air. Rise of temperature in evening until midnight.

MAGNESIUM PHOSPHATE

Magnesium phosphate is found chiefly in the white nerves and muscles. This mineral unites with albumin and other substances to build these fibres. Each nerve and muscle is composed of many strands or fibres of different colors, each one acting as a special telegraph wire, each one having a conductile power. All white fibres in both nerve and muscle are controlled by magnesium phosphate.

When this mineral is deficient, these fibres contract and produce a condition called spasms or cramps. Of course it is only nature's language, saying, more magnesium phosphate.

When a deficiency occurs in the walls of the stomach, the white fibres draw up, contract, and reduce the cavity of the stomach. Now in order to meet this condition and prevent a collapse, gas is formed by a natural process from material at hand, and by expansion produces a counter force. Magnesium phosphate relieves such conditions almost instantly. The only exception to this rule, in speedy cures by administering this mineral, is where the blood has furnished calcium phosphate as a substitute, in an effort to supply the deficiency. These two minerals are so much alike that nature uses them as substitutes for each other. Therefore, when magnesium phosphate does not act promptly, calcium phosphate should be used in order to supply both disturbed workers.

All spasmodic conditions call for magnesium phosphate. Any heart trouble, caused by distended stomach.

The white nerve fibres and the gray nerve cells being so closely connected it is found that any molecular disturbance in one will be apt to cause a disturbance in the other, therefore, the call of the two minerals will in many cases be similar. In other words, if a call for either is given, eating both will bring quicker results, than just using the one.

Dulness of hearing from disease of the auditory nerve, loss of sense of smell, stammering, shrill voice coming on suddenly. Hiccoughing, vomiting when caused by excessive pain. Neuralgia of ovaries. Pain preceding the monthly flow. Cramps in legs, convulsions, any neuralgic or spasmodic,

jerky twitchy condition is a call for magnesium phosphate; chills run up and down the spine, any chills. All these calls are relieved by heat or rubbing. Hot applications help.

SODIUM CHLORIDE

With the exception of calcium phosphate the body contains more sodium chloride than any other mineral. The reason for this can be readily understood, when we realize that about 70 per cent of our body is water. Unless sodium chloride is present to vitalize this water it cannot be used in the chemical actions of the body. It is the power that this mineral has to use water that renders it valuable to man. The same principle holds good in plants and vegetable life. Sodium chloride uses water to build up and carry on the functions of life, and also as a vehicle to eliminate waste substances. Any deficiency in this mineral causes a disturbance of the water in the human body, because it has lost that element which renders it fit to perform its allotted task.

In order to be taken into the blood stream as was intended by nature, each of these minerals must be triturated in just the way nature takes the minerals from the fertile earth and works them into the tissues and cells of the vegetable, fruit or grain. Our bodies are to take the mineral from the plant life. So when we salt our food and expect the body to get enough salt in this way to carry on its work, it cannot do it, that is not nature's plan. The salt taken into our stomachs with our food is in the concentrated form, not nature's way. This salt only takes up water from the juices of the alimentary canal, thus retarding their proper work. We know we have great thirst after eating salty food. Nature calling for sodium chloride in the right form to take care of the water. We cannot drink too much water, nature will only use what she needs, if sodium chloride is not deficient.

To get rid of any poison taken into the body, nature secretes an extra supply of water to carry it off, through the natural channels. This water must have sodium chloride or it cannot work. Thus we can readily see that any poison, tea, coffee, liquor, stings of insects, or anything foreign to the body would soon cause a deficiency of this mineral.

In delirium tremens, the man has for a long time been keeping his body to a point of deficiency in sodium chloride.

Nature trying to throw off the excess poison he is pouring in every day, until the water content is so low that the brain cannot properly function, when that point is reached life is soon gone. A bunch of men in the hay field are under the same heat pressure, yet only one may have sunstroke, that one was deficient in sodium chloride. So when the demand for more water to protect the brain was called for the supply was not to be had, hence the sunstroke.

We hear about men who use tobacco or liquor all their lives and live to a great age without seemingly any bad effects. These people are never out of sodium chloride in the blood stream or this could not be done. Because of the food conditions of today men do not have the resisting powers of people forty or fifty years ago.

A discharge of water from any organ is a deficiency of sodium chloride. There was not enough sodium chloride to properly energize the water, so this small amount remains in the water and is discharged with the water.

Any form of delirium is a call for more water, hence a deficiency of sodium chloride. Sunstroke, melancholy, hopeless, dejected spirits, despondent moods, with constipation, or excess of watery symptoms, weeps easily, fresh colds with discharge of clear water, sneezing, hay fever, influenza, loss of smell, bleeding of nose in anaemic people, whiskers fall out, pale dirty looking face, face puffy and pale, looseness of bowels with watery stools. Or dry stools, burning pain or smarting in rectum after stool, stinging piles, weakness of bowels and muscles of abdomen. Diabetes, great thirst and excessive flow of watery urine. Chronic gonorrhoea or chronic syphilis, menstruation too late accompanied with sadness, headache and weeping, dryness of vagina, or watery discharge, vomiting of frothy phlegm, not acid, in pregnancy; chaffing of skin in small children, hangnails, sensation of numbness in parts affected by nervous disorders, pains shoot along the nerve fibres, feels worse in morning or cold weather, restlessness and twitching of muscles. Warts in palm of hand, all skin diseases where there is excessive dryness of skin or watery exudations. White scales on scalp. Stings of insects, apply locally, also nettle rash with itching, eczema from eating too much salt. Dropsy in any part of the body. Acts on carti-

lage and glands. In all kinds of fevers, when there is malignant symptoms.

Chill coming on in morning, backache, headache, and thirst, fever blisters on lips, profuse night sweats, feeling of chilliness especially in back. Constant desire to sleep, drowsy, dull, stupid, living in damp regions or on newly turned ground.

All complaints after use of drugs. All complaints coming at regular periods. Worse in morning and better in evening.

SODIUM PHOSPHATE

The whole nation is deficient in this mineral. All foods made from our present day white flour, have a tendency to create an acid condition in the system unless many fruits and green vegetables are used with them. It matters not what name is given the disease, we find the first and foremost symptom is acidity. A deficiency of acid never occurs, because it is organic and like albumin is always present in sufficient quantities when proper food is taken.

As it is necessary for calcium phosphate to be present to work with albumin, so it is absolutely necessary that a proper amount of sodium phosphate be present as a worker with acid, to combine with it and thus form new substances. Therefore "too much acid" is a wrong statement. It should be not enough sodium phosphate. Again we find organic matter unable to work without the inorganic. The minerals have the power to create, when given the proper material. The material is always present—it is the workers that are absent.

A lack of proper balance of sodium phosphate in the acid gastric juice, will allow ferments to arise and so retard digestion that the lining of the stomach becomes diseased. These substances are carried into the liver, not having the proper workers, this organ must put out poor work. The bile is thick and causes intestinal troubles and other bilious disorders follow, which calls for sodium sulphate to help right this wrong.

We will find that any call for one of the sodiums will be accompanied by a lesser call for both the others. If the outstanding call is for sodium phosphate eat two doses of this mineral with one of each of the other sodiums. If sodium chloride is called for two doses of this with one of the other two. If the call is for sodium sulphate two of this with one of each of the others.

In an acid condition the whole line of minerals is broken. The acid condition dissolves the calciums, and thus puts them out of commission. Nature immediately sends a substitute which must be potassium phosphate or magnesium phosphate or both. That leaves a deficiency in both of those minerals.

The liver is out of order, not enough workmen. The result, first, just little acute troubles, but finally all the chronic diseases imaginable.

Since the liver is the clearing house for the whole food supply, it can be readily seen that a lack of any one of the minerals, will cause a disturbance in this organ. Sodium phosphate alone cannot take care of troubles coming from an acid condition. Keep the vital minerals supplied, then answer calls.

Some of the calls for sodium phosphate are headaches on crown of head or forehead, with feeling as if skull was too full. Headache in morning if back part of tongue is creamy. Inflammation of eyes, when secreting golden yellow or creamy matter, eyes glued together, squinting when caused by irritation from worms. Picking at nose, a sign of worms or an acid condition of stomach. Itching of nose with acidity. Blotched face, white about nose and mouth. Acid taste in mouth, sour belching of food in throat. Raw feeling in throat. Ulceration of the stomach and canker sores in mouth.

No child will have worms unless an acid condition exists. If there are worms there was acidity first. If there is acid there will be worms or something worse. Ulcerations of stomach with sour vomit or substance like coffee grounds. Heart burn. Sterility caused by acid conditions. In the male seminal emissions, without dreams, or when followed by weakness and trembling. Irregularity of sexual desire, either gone or increased. Discharges smell sour and sickening. Trembling about the heart. Chafing of skin, eczema with yellow secretions. Rose-rash. Pimples all over the body like flea-bites with itching hives. Flashes of heat, sour smelling perspiration, screaming in sleep.

SODIUM SULPHATE

The work of this mineral is to regulate the water supply of the body and to carry away the waste water formed by the different chemical actions. It regulates the amount of water by having the power to carry away any excess that may, from any cause, be present. The decomposition of lactic acid with sodium phosphate leaves a small amount of waste water to be gotten rid of.

In hot weather and in damp places, water is taken into the air by the sun, and thus enters the blood through the lungs. Those who are demineralized along other lines will then be liable to the so-called malarial troubles, unless sodium sulphate is present in large quantities. In eliminating any water one molecule of sodium sulphate carries out two molecules of water and goes out with the water, you can see the need of an inexhaustible supply.

Bio-chemistry has established the fact that chills and fever (ague), cholera, yellow fever and all malarial conditions are caused by an excess of water in the blood and probably in the cells also, all such conditions arise, because nature is not able to furnish enough sodium sulphate to carry off the excess of water breathed into the blood through the lungs.

Chills is simply nature substituting a way to rid the blood of excess water. The chill is a spasm or contraction of the tissues of the nervous and muscular system, to squeeze the water out, hence the profuse perspiration after a chill. Unless sodium sulphate is given to supply the normal workmen, the chill will occur in about forty-eight hours, because that is about the time it takes for the blood to again become overcharged with water. You can readily see that either the malarial microbe is easily killed or they never were taken from the low marshy places. If the person with the ague were to go up a mountain to a dry air, or on a desert where the air is dry, the chills will never come again, because he is not getting the excess water in the blood.

The blood never becomes overcharged with water from any amount we may drink, because the absorbents do not take

up more than is needed. The heat of the sun does not take up the slime or decaying, foul organic matter from ponds or swamps. The water from stagnant pools or swamps, when separated from the organic matter, is pure. This is what the sun lifts and holds in the air so long as the temperature remains high enough.

So we find the work of sodium sulphate is with the water, thus keeping the bile and pancreatic juices at a normal consistency, regulating the supply of water in the cells and fluids, and eliminates the excess of water from the blood. Any liver trouble calls for much sodium sulphate, potassium chloride to tone the liver, but the sodiums to govern or regulate it.

All bilious conditions call for sodium sulphate. Dry burning nose, erysipelas of face, bitter taste in mouth, sore throat with feeling of lump when swallowing, lead colic, vomiting of bile, enlargement of liver, worse lying on left side, pain under breast bone, lower end, sometimes accompanied with a cough. Cutting pains in abdomen, violent attacks of asthma, chronic syphilis, chronic gonorrhoea, loose morning stool, worse in cold wet weather, pressure and uneasiness in region of heart. Spinal meningitis, for drawing back of the neck, spasm in back, pains in neck and back of head, arthritis, lassitude, tired and weary feelings yellow eyeballs, hands and feet twitch during sleep. Itching of skin while undressing, abscess of long standing, surrounded by a bluish border. Dropsy, much dreaming with heavy anxious dreams. Attacks of "nightmare."

All conditions arising from living in damp buildings, basements, or during damp rainy weather. Worse from eating fish or water plants. Worse from use of any water. When in need of one sodium the three work together in such a way that if one is needed all will do better work.

SILICA

Silica, a constituent of common quartz, is found in the hair, nails, skin, periosteum, nerve sheath and a trace in the bone tissue. Silica seems to give to the connective tissue the conductive power.

Each little cell is surrounded by connective tissues, the process of supplying the cell with material to rebuild, and to carry away the waste from the torn cell must be done by a process of infiltration. The blood stream flows along by the cell, containing the builders and the eliminators. Now the conductive power of the connective tissue causes the waste to come out and be carried away, and causes the new material to rebuild the cell to be drawn into its place.

This process can be readily observed, if a bladder be filled with a solution of the minerals. As long as the outside is kept dry the solution remains in the bladder, but place the bladder in a pan of water, immediately the process of infiltration takes place until the water outside and inside of the bladder is alike. Thus our cells are fed. Now if the silica is for any reason deficient, this connective tissue loses this power, therefore the waste remains to clog up the tissue, which soon causes inflammation, then pus. All for lack of the silica.

So the first call for any such condition would be silica to tone the connective tissue and give it conductive power, then calcium sulphate to complete the work by carrying away the solid waste which could not get away before.

Because of this power, to apparently open up the spaces in connective tissue, silica has been called "nature's surgeon." Thus we see the greater the deficiency of silica the greater the accumulation of waste which soon becomes decayed matter, then the germ idea comes in. Give nature proper tools to work with, and there will never be boils, abscesses, carbuncles or the many pus conditions which may come principally from the lack of the elimination of natural waste.

Silica also provides the conductive power in the nerve sheath, or covering of white and gray cells. Thus it may make thinking difficult. The connective tissue is negative; it fails to

act as a conductor for the gray matter. We think but before we are able to complete the thought it is gone. Or we may think we want to say something but it is lost before it has been carried to the white fibre which must make the tongue give expression to the thought. In other words we have all kinds of shorts in our brain cells. Silica must be present to supply the proper conductive power to the connective tissue or nerve sheath.

If silica and calcium sulphate are always present in the blood stream we stand a much better chance for normal health.

Some of the outstanding calls for silica are: Mental abstraction, difficulty of thought. Disgusted with life. Obstinate neuralgia, occurring at night, when neither heat nor cold gives relief. Epilepsy, occurring at night, or from slight provocation, obstinate cases, jerking of limbs during sleep. Wakefulness in old people. Any tendency to boils or eruptions of skin, ulcers, felons, carbuncles, scrofulous eruptions. Pustules on face and neck. Coppery spots. Swollen glands. Ulcers of breast. Consumption, profuse night sweats and great debility. Neglected injuries. Hip joint disease. Offensive perspiration of feet. Hard lumps in breast. Worse from suppressed foot sweat, or chilling of feet. Worse in open air. Worse at night and during full moon.

BLOOD STREAM

We talk about feeding the different cells and tissues of the body, we supply to the blood, the necessary substances called food. The cells feed themselves, the blood by means of the circulatory system carries food to every tissue in the body, the cells by means of infiltration take from this stream all materials needed in the building of new cells or the repairing of the old tissues. At the same time the blood contains the material which picks up and carries away any wornout substances or waste.

The food is taken into the mouth, mixed with the alkaline saliva, passes into the stomach where it is churned into a soupy mass and mixed with the acid gastric juice, passes on into the intestines, where it is mixed with the bile and pancreatic juices. It is now a sort of an albuminous substance, and is taken to the liver for a final processing; from the liver it goes into the lungs where it receives the oxygen and gives off some impurities. It is then ready to proceed on its journey over the body, giving up building material and taking up waste until it returns again to unite with a new blood stream.

We speak of blood stream minerals. By this we mean the four vital or fundamental minerals. If the body were entirely deficient in anyone of them disease and death would soon result.

The first great vital mineral is calcium phosphate, without this mineral the albumin or food would be useless. It energizes every bit of the albumin, if this mineral is deficient the albumin is thrown out of the body as waste. We find this mineral in every cell of the body. We know every part of the body must be elastic, as calcium fluoride is the mineral which unites with the albumin to give elasticity, we can readily see the great need for this mineral.

The next step is the changing of the albumin to fibrin, this cannot be done without potassium chloride. And there must be a proper balance of this mineral in the blood or fibrin cannot be held. Now fibrin is the carrier of the iron phosphate, therefore if there is not enough of the potassium chloride to energize the

fibrin it must be thrown out as waste, the iron phosphate will be discharged or carried out with the fibrin, then there will be a shortage of the iron phosphate. Thus we can see the close connection between potassium chloride and iron phosphate. If the iron phosphate is deficient the body will be in need of oxygen. Iron phosphate is a carrier of oxygen and oxygen is needed in the building of every cell in the body. We can safely say that any call for iron phosphate, is also a call for potassium chlorid and vice versa.

We now have a foundation blood stream, the rest of the twelve workers unite with these fundamental four in the building of the different tissues and fluids, or in carrying away the waste.

We find, today, people are so depleted along the whole mineral line, that it is a good plan to eat the four blood stream minerals for a few days, before trying to answer outstanding calls. In conditions which show an accumulation of waste or pus a good plan would be to eat the eliminators at the same time. If there are outstanding acid calls, the sodiums should be eaten also.

The body seldom starves for lack of food. People usually eat too much. The person who does physical labor must have much more food than the man of sedentary habits. The growing child needs more food than the mature adult. More diseases are caused from too much food than from not enough. The body must throw out of the system as waste all excess food, sometimes this is hard to do, especially if the food is demineralized. The organs are overworked, lose their selective powers and allow much waste to accumulate which soon decays by means of the heat and moisture of the body, thus causing disease.

Do you ever give your digestive tract a chance to "get caught up?" Do you eat three meals a day because you are really hungry or from force of habit? Try eating only when hungry and then only half or two-thirds as much as usual; eating only food natural to the body, that is, food which contains the least amount of substances which cannot be used in the building of blood; if your food is refined, eat the mineral your body is demanding; then and only then can you expect normal health.

DISEASES AND CAUSES

ANAEMIA

The first cause of this trouble was an acid condition, lack of sodium phosphate created a lack of calcium phosphate. This soon creates a deficiency in the whole line. Blood stream minerals first with the sodiums and eliminators. It will require a careful eating of the whole twelve.

CHLOROSIS IS Anaemia:—The food ferments in stomach and bowels for lack of proper working materials. This ferment is taken up by the blood and discharged through the skin. It will require the whole twelve to eliminate the condition. Answer calls after blood stream minerals and sodiums.

ASTHMA—The deficiency of some of the workers causes waste matter to be discharged through the lungs. The elastic fibre in the muscular tissue being deficient allows the tubes to close hence the difficulty in breathing. The mineral magnesium phosphate is found in all the white muscle fibres, which is also needed in causing the relaxation of these walls. Undoubtedly an acid condition was the first cause of this trouble.

BRIGHT'S DISEASE:—Albumin is a poison to the body unless calcium phosphate is there in sufficient quantity. Albumen adheres to the lime molecules and is thus carried to the tissue where it is needed.

When a deficiency in one or more of the minerals of the blood occur they are thrown out of the vital circulation. Not all, but there is a tendency in that direction, and those minerals find their way to the outer world, and each carry the organic matter for which they have an affinity or in which they are workers. If the deficient mineral with the particular organic matter having an affinity for it, reaches a membrane or opening, or clogs in connective tissue, an irritation is caused.

When the calcium phosphate molecules fall below standard in quantity and are thrown out, they necessarily carry albumin with them; if this is thrown out through the kidney route, we have albumin in the urine, or Bright's Disease. Simply a chronic form of albumin discharge, not having calcium phos-

phate the blood draws upon potassium phosphate and magnesium phosphate, thus leaving the nerves without workers, hence nervous prostration. The sodiums, calciums, and potassiums with silica are needed to build blood.

CANCER:—It is not known what causes this disease. To begin with there must have been an acid trouble. Breaking down the whole line of minerals.

IF POTASSIUM PHOSPHATE was the most depleted mineral, it might form in most any tissue, with a painful, offensive discharge and discoloration.

IF CALCIUM PHOSPHATE was the needed mineral, a scrofulous constitution would be the result and cancer form any place.

ALL CANCERS OF THE TONGUE or throat seem to especially show a lack of sodiums. Build blood stream, use eliminators, and answer outstanding calls.

COLDS: A lack of iron phosphate in the blood is the first cause of "colds". Nature has drawn the blood away from the surface of the body to supply the vital organs, heart, lungs, liver, brain etc. There not being enough oxygen, potassium sulphate which should be at work in the skin, has gone to help distribute oxygen. Therefore the slightest cause, a draft of cold air, may close the pores of the skin. The waste which should have been eliminated through these pores is turned upon the inner organs. This accumulation together with other waste thrown out of the blood forms the discharges of colds, catarrh, pneumonia, pleurisy, etc.

The potassium chloride controls the fibrin in the circulation, and when this mineral falls below the standard, a portion of fibrin, not having workmen to use it, becomes a disturbing element and leaves the blood. If thrown off through the lungs a cough is produced. Nature's way to get rid of the waste. Sometimes the lung tissue becomes so irritated and inflamed that it results in pneumonia. If this continues for any length of time, consumption may result.

If this is discharged through the tonsils, we have enlarged tonsils and any number of throat troubles. Hence—iron phosphate, potassium chloride, potassium sulphate with the eliminators of solid waste take care of colds.

CONSTIPATION:—May be caused by an acid condition. Need of sodiums. Or by lack of bile, potassium chloride. If a dragging, sagging condition exists calcium fluoride would be the call. A nervous condition would call for potassium phosphate and magnesium phosphate.

CATARRHS:—Usually follow acid conditions. A building up of the whole blood stream.

CONSUMPTION:—This may be of any organ of the body, it simply means torn down cells, with no workmen on the job. We inherit the tendency of a disease. That is we will be deficient in the same minerals in which our parents were deficient. Therefore if we make it a point to build especially along this deficient line, we need never be afflicted with the same disease.

Consumption comes from two causes. First, by failure of the blood to furnish material to build up torn down tissue. Second, the lodging of waste which nature is trying to throw off through some organ or tissue, this waste decaying and causing disease and pus conditions.

Often the matter coughed up today may have been good albumin or fibrin or other organic matter yesterday, but the mineral not on the job, it must be thrown out. By the time it reached the lung cells it became mixed with the fluids used as a vehicle to carry it, and the heat of the body caused ferments to arise, until we have the discharge of the consumptive. To call it tuberculosis does not help matters any, the microbe found in this decaying mass of fermented matter is only nature. Nothing can decay, disintegrate or decompose, without producing these tiny micro-organisms. They simply mean decay.

The first step for a consumptive is to eat nothing but natural food, such as whole milk or buttermilk, fresh fruits, fresh vegetables, soft eggs, yolks only, these contain all twelve minerals. The body already has too much albumin or fibrin or it would not be discharging so profusely. The eliminators calcium sulphate and silica play an important part in the eliminating of the accumulated waste. Keep all the work men on the job.

DIABETES:—This disease like consumption is simply nature trying to get rid of too much waste or food which cannot be used for lack of mineral. "Too much acid" is the sequel.

The blood is carrying lactic acid and sugar, our commercial sugar, which is not natural to the body and must be broken up to be utilized by the blood. If sodium phosphate is present all is well, the lactic acid is broken up and in the process a small amount of oxygen is thrown off which decomposes the sugar, these substances are used in a natural way. But when sodium phosphate is not present this acid and sugar remain in the blood. Nature has an excess of water which cannot be used so in trying to dispose of these through natural channels, the kidney becomes the goat. If sodium sulphate was on the job, all would yet be well, because that mineral creates a small amount of oxygen in the blood which breaks up the sugar.

The acid decomposes the calciums. Nature tries to substitute potassiums and magnesium to take the place of the calciums. The kidney cells are irritated and inflamed because of the waste acid and sugar which are foreign to these tissues. This creates a deficiency of iron phosphate. The acid condition leaves the liver crippled, hence a thick bile and pancreatic juice. We can readily see that it causes a starvation of every cell in the body. Plenty of food but no workmen. If the person persists in eating quantities of starches and proteins, there soon comes a condition of albumen in urine also, or a sore breaks out and never heals, of course it cannot, no workmen on the job.

A diet of vegetables, fruits, whole wheat bread, whole milk and egg yolks, with loads of sodiums, calciums, potassiums, and silica, on the job, will soon get the organs to functioning normally. A diabetic cannot expect to get nature to do much, if they persist in putting, tea, coffee, tobacco and liquor into the stomach. The liver already has a big job on its hands. It must be allowed to work in a natural way with nature's materials.

EPILEPSY:—Chief remedy is potassium chloride. Liver not at work properly. Sodiums will be needed also potassiums and magnesium phos. for nerve conditions. Build blood stream answer calls.

DIPHTHERIA:—As was stated under colds, a deficiency of potassium chloride, causes a discharge of fibrin, if this is sent out through the nose it is catarrh, if through lungs a cough is produced through tonsils, quinsy or tonsilitis etc. If

the age of the person admits a thymus gland not yet absorbed by surrounding tissue, the fibrin thrown out may accumulate there and form a discharge. Other organic and inorganic substances become disturbed in the process, and oil, albumin and sugar, with the mineral having an affinity for them, may help to build up the membrane. But a deficiency in potassium chloride results in diphtheria and this discharge will continue until potassium chloride has been supplied.

A child cannot "catch" diphtheria while its blood has the proper amount of potassium chloride. Until a deficiency in this mineral is created the fibrin and albumin cannot leave their vital course in the blood to form this discharge. In all throat conditions it is a good plan to have some potassium chloride in the concentrated form, dissolve a little in water use as a gargle or on a swab. A gargle of sodium borate dissolves the membrane. Iron phosphate, potassium chloride, potassium sulphate, then answer any other calls.

GOITRE:—A lack of the calciums is one of the causes. An acid condition is the first cause, therefore, sodiums, calciums, and silica, answer other calls. Soft goitre, potassium chloride, hard swelling, calcium fluoride and silica.

HEART AFFECTIONS:—Respond by building blood stream and answering calls.

LABOR AND PREGNANCY:—Watch acid conditions, sodiums, calciums, potassium in fact all, a double amount of each is needed in forming new life.

PARALYSIS:—The first cause is a deficiency of the minerals that furnish organic matter to make and keep up the supply of muscle and nerve fluid sufficient to keep them in order, or working condition. It sometimes occurs that the condition is aggravated by an accumulation of organic waste matter, in the connective tissue and spaces between the surrounding nerve cells or muscular fibre, causing an engorgement and thus preventing free circulation, which cuts off the vital supply. Eliminators especially silica, potassiums, magnesium phosphate, answer calls.

RHEUMATISM:—What ever the kind, the first cause was "too much acid". This means not enough sodiums especially sodium phosphate. This lets the acid reach synovial

fluids, which should be alkaline. The muscle tissues are acid, the periosteum, and all points become acid, causing inflammation, gas pressure, stiffness of limbs, and finally even the nerves will become affected. Rheumatism is just another word for acid. Sodiums first call, with eliminators. Answer other calls.

SYPHILIS:—An English surgeon said: “It is now fully ascertained that this disease does not give rise to any of the dreadful consequences which have been laid at its door, when not treated with mercury.” Lesser, after experimenting on 500 cases with mercury, declares that once in the system no one can foresee what evil it may produce, while powerless to help the person to get rid of the mercury.

Bio-chemistry treats syphilis as it does catarrh. The discharge is simply fibrin being discharged for lack of potassium chloride. This waste is always thrown out through the weakest spot. Nature forms habits. Any waste thrown out through one set of cells, will continue until the proper workers are on the job. Blood stream, eliminators, answer outstanding calls. Look for acid conditions.

QUESTIONS AND ANSWERS

1. What is Biochemistry?

Ans.: A science which treats of the composition of the bodies of animals and vegetables, the process by which the various fluids and tissues are formed, the nature and causes of the abnormal condition called disease and the restoration of health by supplying to the body the deficient mineral.

2. What statement was given to the world in 1832?

Ans.: All the essential component parts of the human body are great remedies.

3. What statement was made in 1846?

Ans.: All the constituents of the human body act on such organs principally where they have a function.

4. What statement made by a Roman, caused Dr. Schuessler to experiment?

Ans.: The structure and vitality of the organs depend upon the presence of the necessary quantities of the inorganic constituents.

5. When did Dr. Wm. H. Schuessler make his first report?

Ans.: 1873—March.

6. Of what is man's body made?

Ans.: Earth and air.

7. To what does he return in death?

Ans.: Air and ashes.

8. What outstanding minerals are found in the ashes of the human body?

Ans.: Three calciums, three potassiums, three sodiums, iron phosphate, magnesium phosphate and silica.

9. What are the organic substances of the body?

Ans.: Sugar, fats and albuminous substances.

10. What part of the body is mineral?

Ans.: One-twentieth.

11. What part water?

Ans.: Fourteen-twentieths.

12. What part organic matter?

Ans.: Five-twentieths.

13. What is the vital part of the body?

Ans.: The minerals.

14. What are they called?

Ans.: The workers, the builders.

15. Why cannot we get these minerals from our daily food?

Ans.: People demand a refined bleached, devitalized and demineralized food, so that it will look better, taste better and keep longer.

16. What is the result to the people of constant living upon this sort of food?

Ans.: A diseased nation.

17. Will white bread alone sustain life?

Ans.: It has been tried on animals; they sicken and die.

18. What kind of bread will sustain life?

Ans.: A loaf made from 100% whole wheat flour, unbleached animal fat, whole milk.

19. What does Dr. Schuessler say of the mineral?

Ans.: The inorganic substances in the blood and tissues are sufficient to heal all curable diseases.

20. What is hunger? Thirst?

Ans.: It is the body calling for food and water.

21. What is disease?

Ans.: The body calling for minerals.

22. How can we tell which mineral?

Ans.: The body gives calls in the form of unpleasant sensations, pains, tongue conditions and discharges. These are different for each mineral.

23. Where do these minerals come from?

Ans.: They are all found in fertile soil.

24. Can they be used in the concentrated form?

Ans.: No, they are too strong, not nature's way.

25. What is nature's way?

Ans.: The plant, vegetable or fruit takes the mineral from the soil and works it over in its laboratory until it is triturated so that it can be used by the blood.

26. How is the mineral prepared in order that we may get it into the body in nature's way.

Ans.: It is mixed with sugar of milk, which is a natural food to the body. One part of the mineral is ground with nine

parts of sugar of milk. One part of this mixture is ground with nine more parts of sugar of milk; each grinding is called a potency or trituration.

27. Why have scientists decided that the 12th potency or trituration of calcium fluoride iron phosphate and silica, and the 6th potency of all the other nine minerals is best?

Ans.: They have taken these potencies because they contain the mineral to about the nearest per cent it is found in the natural plant life.

28. With what does nature work?

Ans: Nature works only with atoms or groups of atoms called molecules.

29. How must every mineral be diluted?

Ans.: It must be diluted to such a degree that it can be drawn into its place in the broken cell, without disturbing the action of the healthy cells.

30. Why cannot we use the mineral as Dr. Schuessler suggested fifty years ago, by answering just the one outstanding call?

Ans.: Because our food is so demineralized we never have enough of all twelve minerals in the blood stream. We get better results if we use the minerals needed in the building of most every cell in th body first, then answer the outstanding call.

31. What are the blood stream minerals?

Ans.: Calcium fluoride, calcium phosphate, potassium chloride and iron phosphate.

32. How long should these be taken before taking any of the others?

Ans.: It would be a good plan to get each of these into the blood stream five or six times a day for a week before taking the others.

33. How should they be taken?

Ans: The phosphates may be taken into the mouth at the same time, as soon as the tongue is clear the chloride may be taken, as soon as the tongue is clear again the potassium may be taken. Alternate the phosphates with any of the others.

34. How many should be taken?

Ans.: Five of the small tabloids or one of the large tab-

loids is about the amount supposed to be gotten from a helping of the food which naturally contains the mineral.

35. Is there any harm in taking more than five at once?

Ans.: No; only wasting the mineral. However, watch for results; people differ, some need more, some less.

36. Does the mineral cause any abnormal conditions? . .

Ans.: No. If bad conditions arise after taking the mineral, it is only nature calling for some mineral not in the body. Study the call, then take the mineral called for, nature will right the wrong.

37. How are the minerals naturally divided?

Ans.: Into builders and eliminators.

38. How many and what substances make up the body?

Ans. Three—solid, water, gas or air.

39. Name the calciums.

Ans: Calcium fluoride, calcium phosphate, and calcium sulphate.

40. What do the first two calciums build?

Ans.: They are both found in every cell in the body, but their chief work is with bone and muscle.

41. What kind of waste does calcium sulphate eliminate?

Ans.: Solid waste. This is the waste from the torn down cells, caused by the chemical actions of the body.

42. What is the work of the first two potassiums?

Ans.: Potassium chloride is found in every cell except bone. Potassium phosphate unites with albumen to form grey nerve cells; it is also found in muscles.

43. What is the work of potassium sulphate?

Ans.: This mineral carries the gas, formed in the tearing down and rebuilding of the cells, off through the pores of the skin; also aids in the carrying of oxygen.

44. What is the work of the first two sodiums?

Ans: Sodium chloride is a water distributor to the cells of the body.

Sodium phosphate creates water by breaking up the lactic acid.

45. What is the work of sodium sulphate?

Ans.: This mineral eliminates waste water from the cells; also is needed in governing the work of the liver.

46. What is the work of iron phosphate?

Ans.: Iron phosphate carries air to the cells.

47. What is the work of magnesium phosphate?

Ans.: This mineral unites with albumin to form white nerve fibres.

48. What is the work of silica?

Ans.: This mineral is both a builder and an eliminator; also acts as nature's surgeon.

It is found in all skin, hair, nails, bone, connective tissue, and is the conductor found in connective tissue.

49. Give the calls by which we may know nature is in need of calcium fluoride.

(1) Discharge, small yellow lump, bad smelling.

(2) Pains, dragging, sagging, bearing down condition.

(3) Tongue cracked.

(4) Signs: tired, feel like dropping down on couch or chair; lazy.

50. Give calls for calcium phosphate.

Ans.: (1) Discharge, albumin.

(2) Tongue, swollen stiff and numb; blisters and pimples on tip of tongue.

(3) Creeping, crawling, grinding, tearing pains, numb, prickly sensations.

(4) Dirty looking, sallow, pale, earthy, cold and numb; heat in face; anaemic.

51. Give calls for calcium sulphate.

Ans.: (1) Discharge, thick, yellow, sometimes mixed with blood.

(2) Must be in blood to carry away all solid waste, no pus conditions will ever occur if calcium sulphate is always on the job.

(3) Any inflammation—silica first, then calcium sulphate.

52. Give calls for potassium chloride.

Ans.: (1) Discharge fibrin.

(2) Tongue: White furred or grayish-white, dry or slimy.

(3) Inflammatory pains.

(4) Flour-like scaling of skin, soft swellings. Essential in burns; unites with albumin and supplies the new fibrin.

(5) Bowel troubles are worse after eating fats, pastry or any rich foods; also tones the liver.

53. What are the calls for potassium phosphate?

Ans.: (1) All bowel discharges which are unnatural; much passing of gas.

(2) Tongue coated like liquid mustard.

(3) Nervous symptoms of all kinds; neuralgic pain of any kind. Sciatic. Dragging pain down back of thigh to knee. Stiffness, exhaustion, itching of hands and feet. Irritating secretions of any kind.

54. What are the calls for potassium sulphate?

Ans.: (1) Discharge, a yellow-greenish or slimy secretion from any organ.

(2) Tongue, yellow and slimy, sometimes whitish edge; insipid taste.

(3) Pains: Shifting, of neuralgic nature.

(4) Signs: Heated room makes worse; rise of temperature in evening. Better in cool, open air. Worse in afternoon. A feeling of suffocation. A person will lie awake until falls asleep from exhaustion.

55. What are the calls for sodium chloride?

Ans.: (1) Discharge: Watery discharge from any organ.

(2) Tongue: Clear, slimy,, watery coating with small frothy bubbles of saliva on sides; small blisters on tip of tongue. Dry tongue in low fevers.

(3) Pains: Headaches with dryness of some of the mucous membranes and excessive secretions from others; headache with constipation; headaches with profusion of tears, hopeless, dejected spirits; headaches with vomiting of frothy, watery phlegm; headaches of girls at time of puberty; any headache, person feels dull and listless, dull, heavy hammering with drowsiness and unrefreshing sleep.

(4) Signs: Perspiration on face while eating; constant spitting of frothy mucous; drooling in infants; worse from eating poisonous drugs; worse in cold weather; worse in morning; complaints coming at regular periods, periodically.

56. What are the calls of sodium phosphate?

Ans.: (1) Discharge: Dark red urine, unable to retain urine; sour vomit; sour smelling perspiration; acid risings in throat; eyes glued together in morning. Infants vomit curdled

milk. Any acid or sour smelling discharge from any organ.

(2) Tongue: Moist, creamy yellow coating at back part of tongue.

(3) Pains: Sick headache; headache on crown of head; headache on waking in the morning; headache with pain in stomach.

(4) Signs: Ulceration of stomach; sore, raw throat; catarrh of the throat; stomach trouble during teething; grinding of teeth during sleep; white about the nose; face red and blotched without fever; picking at nose; itching of nose; morning sickness of pregnancy; palpitation and irregularity of heart's action; trembling about the heart, always worse after eating; articular rheumatism; cracking of joints; any rheumatism.

57. What are the calls of sodium sulphate?

Ans.: (1) Discharge, vomit of bile or greenish water, tasting bitter; dark greenish or bilious stools; bad taste in mouth.

(2) Tongue: Dirty greenish-gray or greenish brown; coating on root of tongue, with slime.

(3) Pains: Dizziness and headache; violent pains in neck and back of head; acute arthritis; dull, sleepy, stupid in morning; lightning-like pains through the ears.

(4) Signs: Yellow skin and eyes, urine looks like brick dust, clings to sides of vessel. Gout: Excessive secretion of liver. Vertigo, with giddiness, feeling of pressure and uneasiness in region of heart. Ague, Flu: All symptoms worse in morning and in damp weather.

58. What are the calls for iron phosphate?

Ans.: (1) Discharge: Bright red blood.

(2) Tongue: Clean, red tongue; dark red and inflamed tongue.

(3) Pains: Dull, heavy, bruising, throbbing, beating pains, generally accompanied by flushed face; any place sore to the touch; any inflammation, burns, bruises, cuts or any irritation.

(4) Signs: Nose bleed in anaemic people; anaemia. Hemorrhages from any part of the body; sleeplessness if from worry or excitement.

59. What are the calls for magnesium phosphate?

Ans: (1) Discharge: Vomiting when caused by excessive pain in stomach; belching of gas with short, sharp, nipping pain; in all cases of diarrhoea or dysentery.

(2) Tongue: Twitching of mouth and lips; spasmodic stammering; constricted feeling of the throat.

(3) Pains: Sharp, shooting, darting, spasmodic pains; neuralgic pains of spasmodic character.

(4) Signs: Spasms, cramps, any jerkey, convulsive condition; yawning with straining of lower jaw; any condition where heat or rubbing relieves.

60. What are the calls for silica?

Ans.: (1) Discharge: A thick yellow matter; any discharge smelling like decayed flesh.

(2) Tongue: Thick, hard tongue; ulcers on tongue.

(3) Pains: Toothache at night or from chilling of feet; gum boil; headache when lumps about the size of a pea appear on scalp; any inflammation.

(4) Signs: Worse at night and during full moon; worse from chilling feet; tendency to boils in any part of body.

61. Can a person drink tea, coffee, use tobacco or any kind of liquor, and eat much fresh meat (beef and pork) and rich pastries and expect mineral to keep him in normal health?

Ans.: No; mineral does not work miracles. Using these substances (they are not foods), only gives the body an extra amount of work to perform in breaking them up into particles which can be easier eliminated through the natural channels. A normal person can use these with moderation and not feel the effects. A diseased person should not use them. Use only foods you are sure contain the greatest amount of material necessary in the building of the fluids and tissues of the natural body.

The sodiums taken in large doses act as a cathartic.

HELPS

Vital Blood	}	Calcium Fluoride
Stream Minerals -----		Calcium Phosphate
		Potassium Chloride
	}	Iron Phosphate
Bone and Muscle -----		Calcium Fluoride
	}	Calcium Phosphate
		Calcium Sulphate
Muscle and Nerve -----		Magnesium Phosphate
	}	Potassium Phosphate
		Potassium Chloride
		Potassium Sulphate
Water -----	}	Sodium Phosphate
		Sodium Chloride
		Sodium Sulphate
Skin, Hair and Nails -----	}	Silica
Eliminators -----	}	Calcium Sulphate, Solid Waste
		Potassium Sulphate
		Sodium Sulphate, Water
	}	Water
		Solid
		Gas
Colds -----	}	Potassium Phosphate
		Potassium Chloride
		Potassium Sulphate
		Iron Phosphate
		Sodium Chloride
Pain -----	}	Calcium Sulphate
		Potassium Phosphate
		Magnesium Phosphate
		Iron Phosphate
Nature's Surgeon and Assistant -----	}	If swelling add Potassium Chloride
		Silica
Fever -----	}	Calcium Sulphate
		Potassium Chloride
		Iron Phosphate
Acid -----	}	Potassium Sulphate
		Sodium Chloride
		Sodium Phosphate
Liver -----	}	Sodium Sulphate
		Sodium Chloride
		Sodium Phosphate
		Potassium Chloride

REPERTORY

HEAD SIGNS

- Asthma Conditions:** Calciums, Potassiums, Sodiums.
- Bald Spot:** Calciums.
- Blood Tumors, on head:** Calcium Fluoride, Silica.
- Brain, anaemic:** Potassiums, Calciums.
 Concussion: of: Potassiums, Iron Phosphate, Silica.
 To prevent dropsy of: Calciums, Sodiums.
 Violent pains at base of: Sodiums, Iron Phosphate, Silica.
 Water on: Calciums, Sodiums.
- Cold Applications Relieve:** Iron Phosphate.
- Crawling Over Head With Cold Sensations:** Calciums.
- Crusts, Yellow on Scalp:** Calcium Sulphate, Potassium Chloride, Potassium Sulphate.
- Dandruff:** Sodiums, Potassium Sulphate.
- Dilated Pupils:** Potassium Phosphate.
- Dizziness, from cerebral causes:** Potassium Phosphate.
- Fontanelles, delayed closure of:** Calciums.
- Giddiness, with gastric derangement:** Sodiums.
- Gone Sensation at Stomach:** Potassium Phosphate.
- Hair, falling of:** Potassium Sulphate, Silica, Calciums.
 Pulling causes pain: Iron Phosphate.
- Hawking of Thick White Mucus:** Potassium Chloride.
- Inability To Hold Up Head:** Calciums.
- Head, Cold to touch:** Calcium Phosphate.
 Inability to hold up: Calciums.
 Involuntary shaking: Magnesium Phosphate, Potassium Phosphate.
 Rheumatic Pains: Sodiums, Magnesium Phosphate.
 Sore to Touch: Iron Phosphate.
 Pus: Calciums, Sulphate.
 Sweat on, of children: Calciums, Silica.
 Trembling of: Magnesium Phosphate, Potassium Phosphate.
- Head:** tumors on, new born infants: Calciums.
 Ulcerations on bony surface of: Calcium Fluoride.
 Ulcers on top of: Calciums, Silica.
- Headache, bruising, throbbing beating:** Iron Phosphate.
 accompanied by:
 Chills up and down spine: Magnesium Phosphate.
 Cold feeling on head: Calciums.
 Confusion: Potassium Phosphate, Silica.
 Constipation: Sodiums, Potassium Chloride.
 Drowsiness: Sodiums.

- Dull heavy: Iron Phosphate, Sodiums.
 Feeling as if skull were too full: Sodiums.
 Frothy coating on tongue: Sodiums.
 Hysteria: Potassium, Phosphate.
 Inability for thought: Potassium, Phosphate.
 Intermittent and spasmodic pains: Magnesium, Phosphate.
 Loss of strength: Potassium, Phosphate, Calciums.
 Nodules on head: Silica.
 Pain in temples: Iron Phosphate, Sodiums.
 Over eye: Iron Phosphate.
 In stomach: Sodiums.
 On top of head: Iron Phosphate, Sodiums.
 Profusion of tears: Sodiums.
 Prostrated feeling: Potassium, Phosphate.
 Restlessness and nervousness at puberty: Calciums.
 Rush of blood to head: Calciums.
Headache, accompanied by sharp, shooting pains: Magnesium, Phosphate.
 Suffused eyes: Iron Phosphate.
 Tearful mood: Potassium, Sulphate.
 Thick white coating on tongue: Potassium Chloride, Sodiums.
 Unrefreshing sleep: Sodiums.
 Vomiting of frothy phlegm: Sodiums.
 Weariness: Potassium, Phosphate.
 Yawning and stretching: Potassium, Phosphate.
 After taking thick sour milk: Potassium, Phosphate, Calciums, Sodiums.
 Aggravated by mental work: Calciums, Potassium Phosphate.
 In evening: Potassium, Sulphate.
 Heated room: Potassium, Sulphate.
 Near sutures: Calciums.
 When alone: Potassium, Sulphate.
 From loss of sleep: Potassium, Phosphate.
 Mental work: Potassium, Phosphate.
 In nervous subjects: Potassium, Phosphate.
 Neuralgic: Potassium Phosphate, Magnesium Phosphate.
 With humming in the ears: Potassium Phosphate, Iron Phosphate.
 Of girls at puberty: Sodiums, Calciums.
 Nervous character with illusions of light: Magnesium Phosphate.
 On awaking in morning: Sodiums.
 Crown of Head: Sodiums.
 Top of head, with pressure: Sodiums.
 With heat: Sodiums.
 Relieved by cheerful excitement: Potassium Phosphate.

- Cool air: Potassium Sulphate.
 Rheumatic, evening aggravations: Potassium Sulphate.
Sick, from sluggish action of liver: Potassium, Chloride.
 With bitter taste in mouth: Sodiums.
 Vomiting of acid sour fluids: Sodiums.
 Undigested food: Sodiums, Iron Phosphate.
Mouth, bitter taste in: Sodiums.
Neck, sharp pain in nap of: Magnesium Phosphate.
Noises, in head when falling asleep: Potassium Phosphate.
Nosebleed: Relieves: Iron Phosphate.
Pain, aggravated by cold: Magnesium Phosphate.
 Relieved by cheerful excitement: Potassium Phosphate.
 Gentle motion: Potassium Phosphate.
 Heat: Magnesium Phosphate.
Scalp, eruptions on: Silica.
 Inflammatory conditions of: Iron Phosphate.
 Nodules: Silica.
 Painful pustulation: Silica.
 Sensitiveness: Silica.
 Sore to touch: Silica, Iron Phosphate.
 Discharges: Calcium Sulphate, Silica.
 Tight sensations of: Calciums.
 White scales on: Sodiums, Potassium Chloride.
Skull, thin and soft: Calciums.
Sleeplessness: Potassium, Phosphate.
Spasmodic signs and delirium: Iron Phosphate.
Spinal Meningitis: Sodiums.
Spirits: hopeless dejected: Sodiums.
Sun Stroke: Sodiums.
Tongue, dirty coating on: Sodiums.
 Greenish brown coating on back part of: Sodiums.
 Greenish gray coating on: Sodiums.
Vertigo: Potassium Phosphate, Iron Phosphate.
Vomiting of white phlegm: Potassium Chloride.
Wounds with thick yellow discharge: Silica, Calcium Sulphate.

MENTAL SIGNS

- Anxious about future: Calciums.
Backwardness: Potassium Phosphate.
Brain, congestion of, from any cause: Iron Phosphate, Potassium Chloride, Silica.
Brain, rush of blood to, causing delirium: Iron Phosphate.
 Softening: Sodiums, Potassiums.
Brain Fag: From over work: Potassium Phosphate.
Cerebritis: Iron Phosphate.
Children, crossness of: Potassium Phosphate.
 Crying and screaming: Potassium Phosphate.
 Peevish and fretful: Calciums.

Screaming of at night, during sleep: Potassium Phosphate.
 Somnambulism in: Potassium Phosphate.

Delirium, accompanied by frothy appearing tongue: Sodiums.
 Muttering and wandering: Sodiums.

During fever diseases: Potassium Phosphate, Iron Phosphate, Sodiums.

Low, in typhoid fever: Sodiums, Iron Phosphate, Potassiums.

Typhus fever: Sodiums, Iron Phosphate.

Tremens: Sodiums, Potassiums, Iron Phosphate.

Depressed Spirits: Potassium Phosphate, Calcium Phosphate, Sodiums.

Desires Solitude: Calciums.

Despondent Moods: Sodiums, Silica.

Discouraged Feelings: Sodiums.

Dizziness: Iron Phosphate, Potassiums.

Fainting of nervous sensitive persons: Potassium Phosphate.
 tendency to: Potassium Phosphate.

Fits of crying: Potassium Phosphate.

Laughing: Potassium Phosphate.

Grasping at Imaginary Objects: Potassium Phosphate.

Homesickness: Potassium Phosphate.

Hopeless, with dejected spirits: Sodiums.

Hyperaemia or too much blood: Iron Phosphate.

Illusions, mental: Magnesium Phosphate, Potassium Phosphate.

Impatience and Nervousness: Potassium Phosphate.

Insanity: Potassiums, Sodiums, Calciums.

Irritable: Potassium Phosphate.

Irritation, due to biliousness: Sodiums.

Life: disgusted with: Silica.

Looks on dark side: Potassium Phosphate.

Melancholy: Sodiums, Potassium Phosphate.

Memory Poor: Calcium Phosphate, Potassium Phosphate, Magnesium Phosphate.

Mental Abstraction: Silica.

Mental Disorders, in general: Potassium Phosphate.

Mind, wanders from one subject to another: Calciums.

Moods, anxious: Potassium Phosphate.

gloomy: Potassium Phosphate.

Maniacal: Iron Phosphate.

Over Strain from mental employment: Calciums, Potassiums.

Puerperal Mania (from child birth): Potassiums, Calciums.

Self Abuse, mind weak in those practising: Calciums.

Sensitiveness: Potassium Phosphate.

Shyness: Potassium Phosphate.

Sleeplessness: Sodiums, Potassium Phosphate, Magnesium Phosphate.

Stupor: Sodiums.

- Suicide**, tendency to: Sodiums.
 with wildness and irritability: Sodiums.
- Thought**, cannot concentrate: Calciums.
 difficulty of: Silica.
- Visions**, haunted by, of the past: Potassium Phosphate.
- Weeps Easily**: Sodiums.
- Worse after Disappointment**: Calciums, Potassium Phosphate.
 Grief: Calciums, Potassium Phosphate.
 In damp weather: Sodiums.
- Worse**, in morning: Sodiums.

EYE SIGNS

- Acute Inflammation of Eyes**: Iron Phosphate.
 Parts in eyes, worse from motion: Iron Phosphate.
 Parts in eyes, worse from use: Iron Phosphate.
- Agglutination of Lids in Morning**: Sodiums.
- Asthenopia, Muscular**: Sodiums, Magnesium Phosphate.
- Blurred Vision**, after straining eye: Calcium Fluoride.
- Boils Around Eyelids**: Silica.
- Burning of Lids**: Sodiums.
- Cataract of Eye**: Calciums.
 After suppressed foot sweats: Silica.
 Eruptions: Silica.
 Dimness of Crystalline Lens: Potassiums, Sodiums.
- Colors Before Eye**: Magnesium Phosphate.
- Conjunctivitis**, chronic, with blister like granulations on lids:
 Sodiums.
- Cornea**, abscess of the, for pain: Iron Phosphate, Calciums.
 Blisters on: Sodiums.
 Crusts on eyelids, yellow: Potassium Sulphate.
 Inflammation of, with thick yellow discharge: Calciums,
 Iron Phosphate.
- Diplopia** (double vision): Magnesium Phosphate.
- Discharge**, any kind: Potassium Sulphate.
- Drooping of Lids**: Potassium Phosphate, Magnesium Phosphate.
- Dry Inflammation of Eyes**: Potassium Phosphate.
- Excited Appearance of Eyes**: Potassium Phosphate.
- Eyes, Blood-shot**: Iron Phosphate, Sodiums.
- Eye-Ball, Ache**: Calciums.
 Pain relieved by resting of eyes: Calcium Fluoride.
- Eye Lids**, specks of matter on: Potassium Chloride.
- Granulations on Eyelids**: Iron Phosphate, Potassium Chloride.
- Illusion of Sense of Sight**: Magnesium Phosphate.
- Indurations around Eyelids**: Silica.
 In Measles: Iron Phosphate, Silica.
- Lachrymal Ducts, disease of**: Silica.
 Fistula of: Silica.

- Occlusion of, from cold: Sodiums.
- Lachrymation, from weakness:** Sodiums.
On going into open air: Sodiums.
When wind strikes eyes: Sodiums.
- Lachrymation, with fresh colds:** Sodiums.
Neuralgic pains in eye: Iron Phosphate, Magnesium Phosphate.
- Lids, hot feeling of:** Calcium Phosphate.
- Light, great tolerance of:** Iron Phosphate, Calciums.
Sensitive to artificial: Calcium Phosphate, Magnesium Phosphate.
- Neuralgic Pains in Eyes:** Calcium Phosphate.
Iron Phosphate, Magnesium Phosphate.
- Optic Nerve, dullness of sight, from weakness of:** Potassium Phosphate, Magnesium Phosphate.
- Pupils Contracted:** Magnesium Phosphate dilated during disease: Potassium Phosphate.
- Retinitis, in first stages of:** Iron Phosphate.
Third Stages: Calcium Sulphate.
With Erudition: Potassium Chloride.
- Retina, paralysis of:** Potassium Phosphate, Calcium Phosphate.
- Scrofulous, conditions of eyes:** Sodiums, Silica.
Subjects, inflammation of eyes: Silica, Phosphates.
- Smarting Secretions, with tears:** Sodiums.
- Sparks before the eyes:** Magnesium Phosphate.
- Spasms of eyelids:** Calciums, Magnesium Phosphate.
- Spasmodic twitching of lids:** Magnesium Phosphate, Calcium Phosphate.
- Squinting:** Calcium Phosphate, Magnesium Phosphate.
After Diphtheria: Potassium Phosphate.
Caused by irritation, from worms: Sodiums.
- Staring Appearance of Eyes:** Potassium Phosphate.
Sty on lid: Silica.
- Ulcers, deepseated of the cornea:** Calcium Sulphate, Silica.
Superficial, flat, arising from a vesicle: Potassium Chloride.

EAR SIGNS

- Boils around external Ear:** Silica, Calciums.
- Catarrh of Ear, causing deafness:** Potassium Sulphate.
Involving eustachian tubes: Sodiums, Potassium Sulphate.
- Middle Ear:** Iron Phosphate, Potassium Chloride.
- Crackling Noises in Ear on blowing nose:** Sodiums, Potassium Chloride.
- Cutting Pains under Ear:** Potassium Sulphate.
- Cystic Tumors Around Ear:** Silica.
- Deafness, accompanied by evening aggravation:** Potassium Sulphate.

- Exhaustion of nervous system: Potassium Phosphate.
- Thick Yellow Discharge:** Calcium Sulphate, Silica.
- From Inflammatory action: Iron Phosphate, Potassium Chloride.
- Swelling of eustachian tubes: Sodiums, Silica, Potassiums.
- External Ear: Potassium Sulphate.
- Thickening of drum membrane: Potassium Chloride, Iron Phosphate.
- Discharges,** foul, offensive: Potassium Phosphate.
- Mixed with blood: Potassium Phosphate.
- Thick yellow, bloody: Calcium, Silica.
- Dullness of Hearing,** from diseases of the auditory nerve fibres: Magnesium Phosphate.
- Swelling of tympanic cavity: Silica.
- With noises in head: Potassium Phosphate.
- Ear Affections,** involving bones: Calciums.
- Periosteum: Calciums, Silica.
- With excessive secretion of saliva: Sodiums.
- Ears Swollen,** burning, itching: Calcium Phosphate.
- Earache,** accompanied by albuminous discharge: Calciums.
- Beating, throbbing pain: Iron Phosphate.
- Lightning like pain through ears: Sodiums.
- Earache,** accompanied by swelling of eustachian tube: Potassium Chloride, Iron Phosphate.
- Glands: Potassium Chloride, Iron Phosphate.
- Tonsils: Potassium Chloride, Iron Phosphate.
- Yellow, mattery, discharge: Potassium Sulphate, Silica.
- Aggravated by cold: Magnesium Phosphate.
- Damp Weather: Sodiums.
- Of nervous character: Magnesium Phosphate.
- Spasmodic Character: Magnesium Phosphate.
- Relieved by heat: Magnesium Phosphate.
- External Ear Swollen:** Silica.
- Exudations From Ear,** thick white and moist: Sodiums, Potassium Chloride.
- Glands Around Ear Swollen:** Potassium Chloride, Calcium Sulphate, Iron Phosphate.
- Of Neck Swollen: Calcium Sulphate.
- Granulations Around Ear:** Potassium Chloride.
- Noises in Ear and Head,** with confusion: Potassium Phosphate.
- Like running water: Iron Phosphate, Sodiums.
- Otitis, for fever and pain:** Iron Phosphate.
- Thick yellow discharge: Silica.
- Thin bright yellow, secretions: Potassium Sulphate.
- Otorrhoea,** with caries of Mastoid: Silica.
- Outer Ear Sore and Scabby:** Sodiums.
- Ulcerations of Ear:** Potassium Phosphate.

NOSE SIGNS

- Bleeding From Nose in Delicate Person:** Potassium Phosphate.
Bleed, predisposition to, in anaemic person: Calciums, Sodiums, Potassiums, Iron Phosphate.
- Boils on Edge of Nostrils:** Silica.
- Burning in Nose:** Sodiums.
- Caries of Nasal Bones:** Silica.
- Catarrh**, accompanied by fever: Iron Phosphate, Potassium Sulphate, Sodiums.
 Acute or chronic slimy yellow, greenish discharge: Potassium Sulphate, Iron Phosphate.
 Aggravated in evening: Potassium Sulphate.
 Warm room: Potassium Sulphate.
 Chronic with discharges: Potassium Sulphate, Silica.
 Of anaemic person: Sodiums.
 With fetid discharge: Potassium Phosphate.
 Salty mucus: Sodiums.
 With stuffy sensations: Potassium Chloride.
- Cold in Head:** Iron Phosphate, Potassium Sulphate, Calcium, Potassium Chloride.
 With Albuminous discharge: Calcium Phosphate.
 Mattery slimy discharge: Sodiums.
 Discharge watery: Sodiums.
- Diseases of Nose Affecting Bones:** Calciums, Silica.
- Dryness of Nose**, with scabbing: Sodiums, Silica.
- Edges of Nostrils Itch:** Silica.
- Hawking and Spitting Constant:** Calcium Phosphate.
- Hay Fever:** Sodiums.
- Head**, cold in, with yellow, creamy discharge: Sodiums.
- Influenza:** with sneezing: Sodiums.
 Watery discharge from eyes and nose: Sodiums.
- Itching of Tip of Nose:** Silica.
 The nose: Sodiums.
- Loss of Sense of Smell:** Sodiums.
 Not from cold: Magnesium Phosphate.
- Nasal Catarrh:** Sodiums.
 Polypi, large: Calcium Phosphate.
- Nose Inflamed at Edge of Nostrils:** Silica.
 Swollen: Calciums.
- Ozaena**, affecting periosteum: Silica.
 Submucous connective tissue: Silica.
 Syhilitic: Sodiums.
 Worse in damp weather: Sodiums.
 With offensive lumph discharge: Calciums, Potassiums, Silica.
 Foul odor: Silica, Potassiums Phosphate.

- Perversion of Sense of Smell Not From Cold:** Magnesium Phosphate.
- Pharynx,** dryness and rawness: Sodiums.
- Picks at Nose:** Sodiums.
- Posterior Nares,** dropping of watery salty secretions from: Sodiums, Calciums.
- Pus Changes to Green When Exposed to Light:** Sodiums.
- Sneezing:** Sodiums.
- Takes Cold Easily:** Iron Phosphate, Calciums.
- Tip of Nose Red:** Silica.
- Tongue Coated White or Grayish:** Potassium Chloride.

FACE SIGNS

- Anaemic Face:** Calciums.
- Beard, Tender Pimples Under:** Calcium Sulphate.
With bloody secretions: Calcium Sulphate.
- Blotches on Face,** Come and go suddenly: Sodiums.
- Cancer of Face:** Potassium Sulphate.
- Caries of Bones of Jaw:** Silica.
- Chaps of Lips:** Calciums, Sodiums.
- Cheek Swollen and Painful:** Potassium Chloride.
- Chlorosis (anaemic pimples):** Sodiums.
- Creeping Pains in Face:** Calciums.
- Dirty-Looking Face:** Calciums, Sodiums, Potassiums, Iron Phosphate.
- Eating, Perspiration of While:** Sodiums.
- Erysipelas,** for inflammation and pain: Iron Phosphate, Sodiums, Potassiums.
- Face,** bloated, without fever: Sodiums.
- Faceache,** accompanied by constipation: Sodiums.
Flow of tears: Sodiums.
Rheumatic pains: Sodiums, Magnesium Phosphate.
Small lumps on face: Silica.
Vomiting of clear mucus: Sodiums.
From swelling of cheek: Potassium Sulphate.
Gum Boils: Potassium, Sulphate, Silica.
- Feeling of Coldness of Face:** Calciums.
Numbness of face: Calciums.
- Florid Complexion:** Iron Phosphate.
- Freckles:** Calciums.
- Frothy Bubbles at Edge of Tongue:** Sodiums.
- Grinding Pains in Face:** Magnesium Phosphate, Calciums.
- Growth on Cheek-Bones:** Calciums.
- Hard Swelling on Cheeks,** with toothache: Calciums.
- Headache,** with flushed burning face: Iron Phosphate.
- Heat in Face:** Calciums.
- Jaundiced Face:** Sodiums.

Lightning-Like Pains in Face: Magnesium Phosphate.

Necrosis of Bones of Jaw: Silica, Calciums.

Neuralgia: Accompanied by flow of tears: Sodiums.

Shifting pains: Magnesium Phosphate, Potassium Sulphate..

Shooting pains: Magnesium Phosphate.

Spasmodic pains: Magnesium Phosphate.

Aggravated by being in heated room: Potassium Sulphate.

Cold: Magnesium Phosphate.

In evening: Potassium Sulphate.

Touch: Magnesium Phosphate.

From exhaustion of nervous system: Potassium Phosphate.

Relieved by being in cold air: Potassium Sulphate.

Hot applications: Magnesium Phosphate.

Nodules on Face: Calcium Sulphate.

Nose Cold: Calcium Phosphate.

Osseus (or bony) lumps on jaw: Calcium Fluoride.

Pains and Heat in Face: Iron Phosphate.

Cold applications soothe: Iron Phosphate.

Pale Face of Difficult Teething Children: Calciums.

Pimples on Face, mattery: Calcium Sulphate, Silica, Sodiums.

at age of puberty: Calciums Sulphate, Calcium Phosphate.

Rheumatism of Face: Calciums, Sodiums.

Worse at night: Calciums.

Skin Cold and Clammy: Calciums.

Sour Acid Risings: Sodiums.

Swellings on Face: Calcium Sulphate.

Tearing Pain in Face: Magnesium Phosphate, Calcium Phosphate.

Tongue Covered With Clear Mucus: Sodiums.

Cream colored: Sodiums.

Whiskers Fall Out: Sodiums.

White About Nose and Mouth: Sodiums.

MOUTH SIGNS

Acid Taste in Mouth: Sodiums.

Aphthae, with flow of saliva: Sodiums.

Bad Taste in Mouth: Sodiums, Potassium Phosphate.

In morning: Calcium Phosphate.

Begins Speaking with Teeth Closed: Magnesium Phosphate.

Bitter Taste in Mouth: Sodiums.

Canker of Lips: Potassium Chloride.

Mouth: Potassium Chloride, Sodiums.

Catarrh of Mouth and Pharynx with watery discharges: Sodiums.

Constant Spitting of Frothy Mucus: Sodiums.

Cracked Lips: Calcium Fluoride.

Creamy, Golden-Yellow Exudation From Tonsils and Pharynx: Sodiums.

Creamy, yellow coating at back part of roof of mouth: Sodiums.

Disgusted Taste in Mouth in Morning: Calciums.

Dryness of Upper Lip: Potassium Sulphate.

Epithelial Cancer of Lips: Potassium Sulphate.

Gangrenous Canker of Mouth: Potassium Phosphate.

Glands and Gums Swollen: Potassium Chloride.

Swelling of under tongue: Sodiums.

Gums Hot, swollen and inflamed: Iron Phosphate.

Hard Swelling on Jaw-Bones: Calcium Fluoride.

Hawking, constant, of foul, slimy mucus from wind pipe and stomach: Sodium.

Inflammation of Salivary Glands, when secreting saliva: Sodiums.

Lock Jaw: Calciums, Silica, Iron Phosphate, Magnesium Phosphate.

Mouth Full of Thick, greenish white, tenacious slime: Sodium.

Purulent Secretions in Diseases of Mouth: Calcium Sulphate.

Rawness of Mouth: Potassium Chloride.

Saliva, excess of during diseases: Sodiums.

Salivation: Sodiums.

Skin Peels off in Large Flakes: Potassium Sulphate.

Sour Taste in Mouth: Sodiums.

Spasms, stammering: Magnesium Phosphate, Potassium Phosphate.

Speaks Slowly: Magnesium Phosphate.

Stomatitis: Iron Phosphate.

accompanied by bad taste in mouth: Potassium Phosphate.

Fetid offensive breath: Potassium Phosphate.

Suppuration (pus) of glands of mouth: Silica.

Tetanic Spasms: Magnesium Phosphate.

Thrush in Children: Potassium Chloride.

With much saliva: Sodiums.

Twitching, spasmodic of lips: Magnesium Phosphate, Calciums.

Water Canker: Potassium Phosphate.

TONGUE SIGNS

Blister on Tip of Tongue: Sodiums, Calciums.

Breath Offensive: Potassium Phosphate.

Chronic Swelling of: Calciums.

Clean and Red: Iron Phosphate.

Cling to Roof of Mouth, feels as if it would: Potassium Phosphate.

Coating Clear Slimy, watery: Sodiums.

dirty, greenish-gray on root: Sodiums.

Golden-yellow, on back part of: Sodiums.

Grayish-white, of: Potassium Chloride.

Like stale mustard: Potassium Phosphate.

Moist, creamy on back part: Sodiums.

Yellow and slimy: Potassium Sulphate.

Cracked Appearance: Calcium Fluoride.

Dark Red and Inflamed: Iron Phosphate.

Dry In Morning: Potassium Phosphate.

Dryish Or Slimy: Potassium Chloride.

Dryness Of, in low fevers, with watery discharge from bowels:
Sodiums.

Frothy Bubbles On Edge Of: Sodiums.

Hardening Of: Silica.

Induration Of, after inflammation: Silica, Calcium Fluoride.

Inflammation Of, for swelling: Iron Phosphate, Potassium Chloride.

With Exhaustion: Potassium Phosphate.

When Suppurating: Silica, Calcium Sulphate.

Numbness Of: Calcium Phosphate.

Pimples On Tip: Calciums.

Swollen: Potassium Chloride, Calcium Phosphate, Iron Phosphate.

Stiffness of: Calcium Phosphate.

Ulcers On: Silica.

TEETH SIGNS

Children Grind Teeth During Sleep: Sodiums.

Convulsions During Cutting of Teeth: Magnesium Phosphate,
Iron Phosphate.

Cramps During Teething: Magnesium Phosphate.

Decay of Teeth as Soon as They Appear: Calcium Phosphate.

Enamel: Brittle: Calcium Fluoride.

Rough and thin: Calcium Fluoride.

Gastric Derangements During Teething: Sodiums.

Gums Bleed Easily: Potassium Phosphate.

Pale: Calcium Phosphate.

Predisposition of, to bleed: Potassium Phosphate.

Gum-Boil on Jaw: Silica.

Before pus begins to form: Potassium Chloride.

Infants, Teething Of, with drooling: Sodium Chloride.

Nervous Chattering of Teeth: Potassium Phosphate.

Neuralgia Of Teeth: Sodiums.

Rapid Decay of Teeth: Calciums.

Retarded Teething: Calciums.

Seam, Bright Red on Gums: Potassium Phosphate.

Sockets, Teeth Loose In: Calcium Fluoride, Sodiums.

Teeth Sensative To Cold Air: Magnesium Phosphate.

Touch: Magnesium Phosphate.

Tender, due to looseness: Calciums.

Toothache, accompanied by deepseated pain in periosteum:
Silica.

Ulceration: Silica.

After exhaustion: Potassium Phosphate.

Mental labor: Potassium Phosphate.

Aggravated by being in warm room: Potassium Sulphate.

Hot liquids: Iron Phosphate.

In evening: Potassium Sulphate.

Motion: Iron Phosphate.

From Chilling feet: Silica.

From loss of sleep: Potassium Phosphate.

In nervous subjects: Potassium Phosphate, Magnesium Phosphate.

Relieved by being in open air: Potassium Sulphate.

Cold Applications: Iron Phosphate.

Liquids: Iron Phosphate.

Hot applications: Magnesium Phosphate.

Ulcerations of Roots of Teeth: Calciums Sulphate.

With swelling gums and cheek: Silica, Calcium Sulphate.

THROAT SIGNS

Clergymens Sore Throat: Iron Phosphate.

Catarrh: Calciums, Sodiums, Potassiums, Silica, Iron Phosphate.

Choking on Attempting to Swallow: Magnesium Phosphate.

Constricted Feeling Of: Magnesium Phosphate.

Croup in Last Stages: Potassium Phosphate, Potassium Chloride.

Deglutition (swallowing) painful: Calciums.

Diphtheria: Potassiums, Calciums, Sodiums, Iron Phosphate.

Gangrenous Conditions Of: Potassium Phosphate.

Dry Red and Inflamed: Iron Phosphate.

Enlargement Of: Calciums, Sodiums.

Glands Painful, aching: Calcium Phosphate.

Goitre: Silica, Calciums, Potassiums, Sodiums.

Hoarseness, constant: Calciums, Iron Phosphate.

Inflammation of Mucous Membrane: Sodiums.

Larynx, burning and soreness: Calciums.

closing of, by spasms: Magnesium Phosphate.

Loss of Voice: Potassium Chloride.

From strain: Iron Phosphate.

Lump In, on swallowing: Sodiums.

Mumps: Sodiums, Iron Phosphate, Potassium Chloride.

With swelling of testicles: Potassium Chloride.

Neck: Thin, with Chlorotic conditions: Sodiums.

Nervous, Prostration, In Diseases Of: Potassium Phosphate.

Quinsy, acute and chronic: Potassium Chloride, Silica, Iron

Phosphate, Calcium Sulphate.

Raw feeling in: Sodiums.

Relaxed condition of blood vessels: Calciums.

Scraping of, when talking: Calcium Phosphate.

Sticking pain in, on swallowing: Calcium Phosphate.

Shrill Voice: Magnesium Phosphate, Potassium Phosphate.

Singer's sore throat: Iron Phosphate, Potassium Chloride.

Speech, slow, indicating paralysis: Potassium Phosphate.

Spasms of Throat: Magnesium Phosphate, Potassium Phosphate.

Spasms of Throat: Magnesium Phosphate, Potassium Phosphate.

Spasmodic Cough: Magnesium Phosphate.

Suppuration (pus) in throat: Silica, Calcium Sulphate.

Thirst With Dry Mouth and Tongue: Calciums.

Tonsils, enlargement: Calciums, Sodiums, Potassiums, Silica, Iron Phosphate.

Tonsilitis, after pus has begun: Same as tonsils.

Ulcerations, with discharge: Silica, Calcium Sulphate.

Ulcerated Throat, with Fever and Pain: Iron Phosphate, Potassium Chloride, Calcium Sulphate, Silica.

Vocal Cords Paralysis of: Potassium Phosphate.

Windpipe, Spasmodic Closing of: Magnesium Phosphate.

GASTRIC SIGNS

Acid Drinks Aggravate: Magnesium Phosphate.

Appetite Not Satisfied: Potassium Phosphate.

Belching Brings Back Taste of Food: Iron Phosphate.

Wind relieves: Calcium Phosphate.

Bilious Colic: Sodiums, Magnesium Phosphate.

Biliousness From Too Much Bile: Sodiums.

Bitter Taste in Mouth: Sodiums.

Bloated Stomach Feels: Calcium Phosphate, Magnesium Phosphate.

Neuralgia of Stomach: Magnesium Phosphate.

Blood, Vomit of Dark: Clotted: Potassium Chloride.

Bright red: Iron Phosphate.

Burning Stomach: Calcium Phosphate, Potassium Chloride, Iron Phosphate.

Clear Frothy Transparent Coating on Tongue: Sodiums.

Coffee-Ground Vomit: Sodiums.

Cold Drink Relieves: Iron Phosphate.

Aggravate: Calcium Phosphate, Magnesium Phosphate.

Constipation, With Water Brash: Sodiums.

Craving of Salt or Salty Foods: Sodiums.

Distress About Heart: Potassium Phosphate.

- Dizziness:** Sodiums.
- Dread of Hot Drinks:** Potassium Sulphate.
- Dyspepsia:** Sodiums, Iron Phosphate, Silica.
- Eating, Pain After:** Sodiums.
- Eructations:** Silica.
- Evacuations, Bilious Green:** Sodiums.
- Excessive Saliva:** Sodiums.
- Eyeballs, Yellow:** Sodiums.
- Eyes, Large and Protruding:** Potassium Chloride.
- Food Aggravates:** Calcium Phosphate.
Causes pain: Sodiums.
Distresses: Calcium Phosphate.
Persistent vomiting of: Iron Phosphate.
- Fullness at Pit of Stomach:** Potassium Sulphate.
- Gastric Derangement Causing Gas:** Sodiums.
- Gastritis:** Sodiums.
Catarrh: Potassiums, Calciums, Iron Phosphate.
- Gone Sensation in Stomach:** Potassium Phosphate.
- Heart Burn:** Silica, Iron Phosphate, Calcium Phosphate.
- Hiccough:** Magnesium Phosphate, Iron Phosphate, Calcium Phosphate.
- Hungry Feeling After Eating:** Potassium Phosphate.
- Indigestion, with griping pains:** Magnesium Phosphate, Potassium Chloride, Sodiums.
- Jaundice, from vexation:** Sodiums, Potassium Phosphate.
- Lead Colic:** Sodiums.
- Liver:** Sodiums, any condition with Potassium Chloride.
- Lump, food lies in:** Calcium Phosphate.
- Milk, infants vomit curdled:** Calcium Phosphate, Sodium Phosphate.
- Morning Sickness:** Sodiums.
- Nausea, with sour risings:** Sodiums.
- Neuralgia of Stomach:** Magnesium Phosphate.
- Nurse, constant desire to:** Calcium Phosphate.
- Pain After Eating:** Sodiums, Calciums.
- Pastry Disagrees:** Potassium Chloride.
- Pressure in Pit of Stomach:** Potassium Sulphate.
- Pylorus Pus of:** Silica.
- Remittent Pain:** Magnesium Phosphate.
- Right Shoulder Blade, Pain Under:** Potassium Chloride.
- Salty Taste in Mouth:** Sodiums.
- Sick Headache:** Sodiums.
- Skin Dry and Hot:** Potassium Sulphate.
- Sour Acid Risings:** Sodiums.
- Spasmodic Pain:** Magnesium Phosphate.
- Spasms of Stomach, with griping:** Magnesium Phosphate.
- Stomach, Sore to Touch:** Calcium Phosphate, Iron Phosphate.
- Stomach, Accompanied by Exhaustion:** Potassium Phosphate.

Loose evacuations: Iron Phosphate.
 After fevers: Potassium Phosphate.
 From acidity of stomach: Sodiums.
 Chill: Iron Phosphate.
 Worms: Sodiums.

Temperature Arising in Evening: Potassium Sulphate.

Thirst Great: Sodiums.

Thirstlessness: Potassium Phosphate.

Tongue, clean: Magnesium Phosphate.

Ulcers of Stomach: Sodiums, Iron Phosphate, Silica, Calciums.

Vomiting, after cold drinks: Calciums.

Bile: Sodiums.

Bright red blood: Iron Phosphate.

Vomiting dark clotted blood: Potassium Chloride, Iron Phosphate.

Fluids like coffee-grounds: Sodiums.

From stomach: Magnesium Phosphate.

Greenish water: Sodiums.

Sour acid fluids: Sodiums.

Thick phlegm: Potassium Chloride.

Undigested food: Iron Phosphate, Calcium Fluoride.

Watery: Sodiums.

Water Brash, with constipation: Sodiums.

Water Gathers in Mouth: Sodiums.

Yellow Slimy Coated Tongue: Potassium Sulphate.

ABDOMEN AND STOOL SIGNS

Abdomen Bloated: Potassium Sulphate, Magnesium Phosphate.

Cold to touch: Potassium Sulphate.

Cutting pains: Sodiums, Magnesium Phosphate, Iron Phosphate.

Cutting pains: Sodiums, Magnesium Phosphate, Iron Phosphate.

Sunken: Calciums.

Swollen: Potassium Phosphate, Potassium Chloride.

Tender: Potassium Chloride, Iron Phosphate.

Acidity of Stomach: Sodiums.

Anus, itching at: Sodiums, Calcium Fluoride.

Anus, pain in: Calcium Fluoride, Sodiums.

Belching Wind: Magnesium Phosphate, Calcium Phosphate.

Bilious Evacuations: Sodiums.

Bowels, loose in old people: Sodiums.

Sore and Tender: Iron Phosphate.

Burning Pain in Rectum: Sodiums.

Cholera, rice water stool: Potassium Phosphate.

Colic from sudden changes: Potassium Sulphate.

Of Infants, Magnesium Phosphate.

Constant Urging to Stool: Potassium Chloride.

Constipation, accompanied by drowsiness: Sodiums.

Dull, heavy headache: Sodiums.

Profusion of Tears: Sodiums.

Vomit of frothy mucus: Sodiums.

During Consumption: Calcium Sulphate.

Light colored stool: Potassium Chloride.

Of old people and infants: Calcium Phosphate.

Crest of Ileum, pain above: Potassium Sulphate.

Delirious: Potassium Phosphate.

Depression of Nerves: Potassium Phosphate.

Diarrhoea, after fatty foods: Potassium Chloride.

Alternated with constipation: Sodiums.

Causes soreness and smarting: Sodiums.

From eating green corn: Calcium Phosphate.

In teething children: Calciums.

Of children: Sodiums.

Of schoolgirls: Calciums.

Pus like, slimy: Calcium Sulphate.

Putrid foul: Potassium Phosphate, Silica.

Stool frothy: Sodiums.

Watery: Magnesium Phosphate, Sodiums.

With dark greenish stool: Sodiums.

Straining: Sodiums.

Dryness of Tongue: Potassium, Phosphate, Sodiums.

Duodenum, catarrh of the: Potassium Chloride.

Dysentary with Sharp Gripping Pains: Potassium Chloride,
Magnesium Phosphate.

Feces, inability to expel: Calcium Fluoride.

Fissures of Anus: Calcium Phosphate, Calcium Fluoride.

Fistulae Without Pain: Calcium Phosphate.

Flatulence (gas), with pain in left side: Potassium Phosphate.

Flatulence (gas), colic: Sodiums.

Flatus, (gas) passing of much: Magnesium Phosphate.

Food, child craves, it should not eat: Calcium Phosphate.

Frequent Calls to Stool, No Passage: Calcium Phosphate, Potassium Phosphate, Magnesium Phosphate.

Gnawing in Bowels: Magnesium Phosphate.

Heart, distress about: Potassium Phosphate.

Heat in Lower Bowels: Sodiums, Iron Phosphate.

Hemorrhoids, accompanied by albuminous discharge: Calcium,
Constipation: Sodiums.

Cutting pains: Magnesium Phosphate.

Dark, thick blood: Potassium Chloride.

Flow bright red blood: Iron Phosphate.

In anaemic persons: Calciums.

Inflammation of Bowels, first stage: Iron Phosphate.

Jaundice From Chill: Potassium Chloride.

Jelly-Like Masses of Mucus: Sodiums.

Legs, drawing up: Magnesium Phosphate.

Liver, Abscess of: Silica.

With purulent discharge: Calcium Sulphate.

Congestion of: Sodiums, Iron Phosphate.

Induration of: Silica.

Irritable, after mental strain: Sodiums, Potassium Phosphate.

Liver, pains in region of: Potassium Chloride.

Sensitive: Sodiums.

Sharp, shooting pains in: Sodiums.

Sluggish: Potassium Chloride.

Sore to touch: Sodiums.

Naval, pain near: Calcium Phosphate.

Neuralgia of Bowels: Magnesium Phosphate, Calcium Phosphate.

Rectum: Calciums.

Nurses, child cries when it: Calcium Phosphate.

Offensive Stools: Calciums, Potassium Phosphate.

Pains, relieved by pressure: Magnesium Phosphate.

Rubbing: Magnesium Phosphate.

Warmth: Magnesium Phosphate.

Peritonitis, first stage: Potassium Chloride, Iron Phosphate.

Piles, accompanied by bleeding, bright red blood: Calciums, Potassiums, Sodiums, Silica.

Protruding: Calciums, Iron Phosphate, Silica.

Prolapsus Recti: Potassium, Phosphate Calcium Fluoride.

Rectum, pain in: Magnesium Phosphate.

Right Shoulder Blade, pains under: Potassium Chloride.

Sleep, restless: Sodiums.

Sore Crack near end of Bowel: Calcium Fluoride.

Stools, constant urging to: Potassium Chloride, Sodiums.

Dry and hard: Sodiums

Expelled with force: Magnesium Phosphate.

Fetid and very offensive: Silica.

Foul, putrid odor of: Potassium Phosphate.

Stools, green, sour smelling: Sodiums.

Hot and offensive: Calciums, Potassium Phosphate.

Loose in morning: Sodiums.

Pains after: Calcium Phosphate.

Pale yellow, clay colored: Potassium Chloride.

Pure blood: Potassium Phosphate.

Pus and blood, with: Calcium Sulphate, Silica.

Rice-water Potassium Sulphate.

Slimy, green, undigested: Calciums.

Undigested, watery: Iron Phosphate.

With straining: Potassium Chloride.

- Sulphureous Odor of Gas from Bowels:** Potassium Sulphate
- Summer Complaint:** Calciums.
- Swelling of Abdomen:** Potassium Chloride.
- Torn Feeling after Stool:** Sodiums.
- Typhlitis:** Iron Phosphate, Sodiums.
- Typhoid**, evening rise of temperature in: Potassium Sulphate.
- Ulceration of Bowels:** Potassium Phosphate, Calciums.
- Vomiting of Bile:** Sodiums.
Curdled masses: Sodiums.
- Weakness of Bowels:** Sodiums.
Muscles of abdomen: Sodiums.
- Worms**, with indigestion: Iron Phosphate, Sodiums.
- Worse after Change of Weather:** Calciums, Silica.
At night: Calciums.

URINARY ORGANS

- Albuminous Urine:** Potassium Phosphate, Calcium Phosphate.
- Bladder**, catarrh of when secreting watery, transparent fluid: Sodiums.
Chronic inflammation of: Potassium Chloride, Iron Phosphate.
- Burning after Urinating:** Sodiums, Iron Phosphate.
Pain over kidneys: Iron Phosphate, Sodiums.
- Cystitis**, Chronic: Phosphate Chloride.
- Blood Passing from Urethra:** Potassium Phosphate.
- Brick Dust Sediment in Urine:** Sodiums.
- Bright's Disease:** Calciums, Potassiums, Sodiums, Iron Phosphate, Silica.
- Constant urging to Urinate:** Sodiums, Iron Phosphate.
- Cutting Pains after Urinating:** Sodiums.
Pains at neck of bladder: Calcium Phosphate, Iron Phosphate, Potassium Chloride.
- Diabetes:** Sodiums, Calciums, Potassiums, Iron Phosphate, Magnesium Phosphate, Silica.
- Enuresis of Children:** Potassium Phosphate, Sodiums, Iron Phosphate, Potassium Chloride.
- Excessive Flow of Watery Urine:** Sodiums, Iron Phosphate.
Secretions of urine, when diabetic: Sodiums.
- Frequent Urging to Urinate:** Calciums, Iron Phosphate, Sodiums.
- Gravel in Bilious Persons:** Sodiums.
Pain while passing: Sodiums, Magnesium Phosphate.
Sediment in urine: Sodiums, Calciums.
With gouty symptoms: Sodiums.
- Highly Colored Urine:** Calciums, Iron Phosphate.
With feverish smell: Sodiums, Iron Phosphate.
- Hunger voracious:** Potassium Phosphate.

- Inability** to retain urine, from nervous debility: Potassium Phosphate.
- Incontinence from Paralysis of Sphincter:** Potassium Phosphate.
Weakness of Sphincter: Iron Phosphate, Magnesium Phosphate.
- Increase in Quantity of Urine:** Calcium Phosphate.
- Lithia Deposit in Urine:** Sodiums.
- Nephritis, first stage:** Iron Phosphate.
Second stage: Potassium Chloride.
Third stage: Silica.
- Phosphatic Deposit in Urine:** Calcium Sulphate.
- Polyuria:** Sodiums.
- Rheumatism, with dark red urine:** Iron Phosphate.
- Sandy Deposits in Urine:** Sodiums.
- Sharp Shooting Pains at Neck of Bladder:** Calciums, Iron Phosphate, Sodiums.
- Sleeplessness:** Potassium Phosphate, Magnesium Phosphate, Iron Phosphate.
- Smarting on Urinating:** Iron Phosphate.
- Sore Pain Over Kidneys:** Iron Phosphate, Sodiums.
- Spasmodic Retention of Urine:** Magnesium Phosphate.
- Spasms of Bladder, with pain—**
- Spasms of Bladder, with painful straining—**Magnesium Phosphate, Iron Phosphate, Potassium Chloride.
Urethra, with painful straining: Magnesium Phosphate, Iron Phosphate, Potassium Phosphate.
- Stone, to prevent reformation of:** Calcium Phosphate.
- Uric Acid Deposit:** Potassium Chloride.
- Urine Frequently Scalding:** Potassium Phosphate.
Suppression of, through heat: Iron Phosphate.

MALE SEXUAL ORGANS

- Albuminous Discharge from Urethra:** Calcium Phosphate.
- Bubo, for soft swelling of:** Potassium Chloride, Iron Phosphate.
With Saniuos, Purulent discharge: Calcium, Sulphate, Silica.
- Condylomata, of syphilitic origin:** Sodiums.
- Discharge of Prostatic Fluid:** Sodiums
- Dropsy of Testicles:** Calciums.
- Gleet, yellow, slimy discharge:** Potassium, Sulphate.
- Gonorrhoea:** Potassiums, Calciums, Sodiums, Silica, Magnesium Phosphate.
- Hardening of Testicle:** Calcium Fluoride.
- Hydrocele:** Calcium Phosphate, Sodiums, Silica.
- Inflammation of Prostate Gland:** Iron Phosphate, Potassium, Chloride, Silica.

- Inguinal Hernia:** Calciums, Sodiums, Potassiums, Silica, Magnesium, Phosphate.
- Irritation of Prostate Gland:** Iron Phosphate.
- Masturbation:** Calciums, Sodiums, Potassiums, Silica, Magnesium Phosphate.
- Orchitis:** Iron Phosphate, Calciums.
From suppressed gonorrhoea: Potassium Chloride, Calcium Phosphate.
- Phagedenic Chancres:** Potassium Phosphate.
- Prostate Gland:** Abscess of: Calciums, Potassium Chloride, Preputial Oedema: Sodiums.
Silica.
- Scrotum Itches:** Calciums, Silica.
Relaxed: Calcium Phosphate.
Soreness: Calcium Phosphate, Iron Phosphate.
Sweating of: Calcium Phosphate, Silica.
- Seminal Emissions. With Dreams:** Sodiums.
- Sexual Desires,** irregularity of: Sodiums.
- Syphilis,** chronic, with hardening and discharge from tissues.
Silica.
Serious discharge: Sodiums.
White Discharge: Potassium Chloride.
Evening aggravation: Potassium Sulphate, Calciums, Potassium, Phosphate.
- Varicocele:** Iron Phosphate, Potassium Chloride.

FEMALE SEXUAL ORGANS

- Abscess of Labia:** Silica.
- Aching in Uterus:** Calciums.
- Ameuorroea:** With depression: Potassium Phosphate.
- Anteversio:** Calcium Fluoride.
- Ball Rising in Throat:** Potassium Phosphate.
- Colic in Nervous, lachrymose women:** Potassium Phosphate, Magnesium Phosphate.
- Discharge,** deep red or blackish red: Potassium Phosphate.
Scalding, smarting: Sodiums.
Sickening: Sodiums.
Sour Smelling: Sodiums.
Thick, white bland: Potassium Chloride.
- Discharge,** thin, with offensive odor: Potassium Phosphate.
- Displacement of Uterus:** Calcium Fluoride, Calcium Phosphate, Potassium Phosphate.
- Dragging in Groin:** Calcium Fluoride.
Small of Back: Calcium Fluoride, Sodiums.
- Dyness of Vagina:** Sodiums.
- Dysmenorrhoea:** Magnesium Phosphate.
Labor like pains during: Magnesium Phosphate.

To prevent: Iron Phosphate.

With Congestion: Iron Phosphate, Potassium Chloride.

Vomiting of undigested food: Iron Phosphate.

Gonorrhoea: Potassium Chloride, Iron Phosphate, Calciums, Sodiums, Silica.

Hysterical Fits of Crying: Potassium Phosphate.

Inflammation of Uterus: Iron Phosphate.

Vagina: Iron Phosphate.

Leucorrhoea, accompanied by albuminous discharge: Calciums.

Milky-white, non-irritating discharge: Potassium Chloride.

Rawness and itching of parts: Sodiums.

Scalding, acrid discharge: Sodiums, Potassium Phosphate.

Thick, yellow, bloody discharge: Calcium Sulphate.

Any discharge: Sodiums.

Greenish discharge: Potassium Sulphate.

Listlessness: Calciums, Potassiums.

Menstruation, accompanied by acrid leucorrhoea: Calcium Phosphate, Sodiums.

Bearing down pains: Calcium Fluoride.

Cold extremities: Calciums, Iron Phosphate, Potassium Chloride.

Colic: Sodiums, Potassiums, Magnesium Phosphate.

Constipation: Silica, Sodiums.

Excitableness: Potassium Phosphate.

Fetid sweating of feet: Silica.

Flushed face: Iron Phosphate, Calcium Phosphate.

By frontal headache: Sodiums.

Fullness in Abdomen: Potassium Sulphate.

Headache: Sodiums, Iron Phosphate, Potassium Phosphate.

Hysteria: Potassium Phosphate.

Icy coldness of body: Silica.

Increased sexual desire: Calcium Phosphate.

Menstruation, accompanied by labor-like pains: Calcium Phosphate, Magnesium Phosphate.

Leucorrhoea: Sodiums.

Morning diarrhoea: Sodiums.

Nervousness: Potassium Phosphate.

Pains in back: Calcium Phosphate.

Sadness: Sodiums.

Weeping: Sodiums.

Weight in abdomen: Potassium Sulphate.

Delayed, in young girls: Sodiums.

Repressed: Potassium Chloride.

Retarded: Potassium Chloride.

Thin watery blood: Sodiums, Potassium Phosphate.

Too frequent: Calcium Phosphate.

Too late: Sodium Chloride, Potassium Sulphate, Potassium Phosphate.

- Profuse: Potassium Chloride, Calcium Fluoride, Potassium Phosphate.
- Menstrual Flow**, bright red blood: Iron Phosphate.
Dark Clotted, black blood: Potassium Chloride.
Stringy and Fibrous: Magnesium Phosphate.
- Menstruation of Pale**, nervous, sensitive women: Potassium Phosphate.
- Metritis**: Iron Phosphate, Potassium Chloride.
- Metrorrhagia From Standing in Water**: Silica.
- Ovaralgia**: Magnesium Phosphate.
- Pains Precede Monthly Flow**: Magnesium Phosphate.
- Pudenda**, burning and itching of: Silica.
- Retroversion**: Calcium Fluoride.
- Sexual Desire Increased**: Calcium Phosphate.
Intercourse painful: Sodiums, Iron Phosphate.
- Sterility Due To Acid Secretions**: Sodiums.
- Sticking Pains in Vagina**: Sodiums.
- Thighs**, pain extends to: Calcium Fluoride.
- Ulceration of Cervix Uteri**: Potassium Chloride, Iron Phosphate, Silica.
- Uterine Secretions: Acid**: Sodiums.
Creamy, yellow: Sodiums.
Watery: Sodiums.
Weakness: Calcium Phosphate, Calcium Fluoride, Potassium Phosphate.
- Uterus Hard**, like stone: Calcium Fluoride.
Relaxed and Flabby: Calcium Fluoride.
- Vagina**, weakness of after urinating: Sodiums.
Smarting of after urinating: Sodiums.
- Vaginal Secretions**, acid: Sodiums.
- Vaginismus**: Iron Phosphate, Magnesium Phosphate.
With dryness: Sodiums.
- Vulva, itching of**: Sodiums, Calcium Phosphate.

PREGNANCY

- Aching in Limbs During**: Calcium Phosphate.
- After Pains**: Iron Phosphate.
When too weak: Calcium Fluoride.
- Bitter Taste in Mouth**: Sodiums.
- Brain Function Perverted**: Potassium Phosphate, Potassium Chloride.
- Contract**, uterus does not: Calcium Fluoride.
- Convulsions**: Magnesium Phosphate.
- Expulsive Efforts**, excessive: Magnesium Phosphate.
- Fistulous Ulcers of Breast**: Silica.
- Hard Knots in Breast**: Calcium Fluoride, Potassium Chloride, Silica.

- Hemorrhage:** Calcium Fluoride, Iron Phosphate.
Labor Pains, feeble: Potassium Phosphate.
 Ineffectual: Potassium Phosphate.
 Spasmodic: Magnesium Phosphate.
 Spurious: Potassium Phosphate.
 With Cramps in Legs: Magnesium Phosphate.
 Spasmodic Twitching: Magnesium Phosphate.
 Tedious, from weakness: Potassium Phosphate.
Lacerations, to aid in healing: Iron Phosphate.
Mania: Potassium Chloride, Potassium Phosphate.
Mania: Potassium Chloride, Potassium Phosphate.
Mastitis, first stage, for fever: Iron Phosphate.
 For Swelling, before pus forms: Potassium Chloride.
 To Control pus: Silica.
 With brown, dirty, offensive discharge: Potassium Phosphate, Calcium, Sulphate, Silica.
Milk, salty: Sodiums.
 Watery: Sodiums.
Miscarriage in Weak Subjects: Potassium Phosphate.
Morning Sickness: Potassium Chloride.
 Accompanied by Sour, Acid Vomiting: Iron Phosphate, Sodiums.
Nausea, with sour risings: Sodiums.
Nipples, sore: Calcium Phosphate, Iron Phosphate.
Nurse, child refuses to: Calcium Phosphate.
Nursing, debility from long: Calcium Phosphate.
Puerperal (child birth) fever: Potassium Phosphate, Potassium Chloride, Iron Phosphate.
Septic Poisons: Potassium Chloride, Potassium Phosphate.
Vomiting, frothy phlegm: Sodiums.
 Sour, curdled milk: Calciums Phosphate.
 Watery phlegm: Sodiums.
 White phlegm: Potassium Chloride.

RESPIRATORY ORGANS

- Abscess of Lungs:** Silica, Calcium Sulphate.
Absence of Expectoration: Magnesium Phosphate.
Aching in Chest: Calcium Phosphate.
Anaemic Persons, cough of: Calcium Phosphate.
Asthma, Accompanied by belching of gas: Magnesium Phosphate.
 Constructive Cough: Magnesium Phosphate.
 Difficult Expectoration: Calcium Fluoride.
 Expectoration of frothy, watery mucus: Sodiums.
 Tiny, yellow lumps: Potassium Chloride.
 Gastric Derangements: Potassium Chloride.
 Greenish, purpulent expectoration: Sodium Sulphate.
 By labored breathing: Potassium Phosphate.

- Loose evacuations in morning: Sodiums.
 Pain in chest: Magnesium Phosphate.
- Asthma**, accompanied by soreness in chest: Iron Phosphate.
- Breath**, short of, from asthma: Potassium Phosphate.
 Worse from motion: Potassium Phosphate.
- Breathing**, hurried, at beginning of disease: Iron Phosphate.
- Bronchial Asthma**: Potassium Sulphate, Potassium Phosphate.
- Bronchitis**, first stage: Iron Phosphate, Calcium Sulphate,
 Sodiums.
- Catch in Breath**: Iron Phosphate.
- Children**, Cough of teething: Calcium Phosphate.
- Chronic Coughs**: Calciums Phosphate.
- Cold in Chest**: Iron Phosphate.
- Congestion of Lungs**: Iron Phosphate.
- Constant Spitting of Frothy Water**: Sodiums.
- Construction of Chest**: Magnesium Phosphate.
- Consumption**, bloody, mattery expectoration: Iron Phosphate,
 Sodiums, Potassium, Calciums, Silica.
- Convulsive Fits of Coughing**: Magnesium, Phosphate.
- Cough**, better in cool open air: Potassium Sulphate.
 Hard Dry: Iron Phosphate.
 Irritating and Painful: Iron Phosphate.
 Pain in Chest from: Sodiums, Iron Phosphate.
 With Headache: Sodiums.
 With Hectic Fever: Calcium Sulphate.
 Lachrymation: Sodiums.
 Mattery Sputa: Calcium Sulphate.
- Cough, Worse in Evening**: Potassium Sulphate.
 Warm Room: Potassium Sulphate.
- Countenance**, pale, livid: Potassium Phosphate.
- Croup**, first stage, for fever signs: Iron Phosphate.
 For exudations: Potassium Chloride.
 Last Stage: Potassium Phosphate, Calcium, Sulphate.
- Croupy Hoarseness**: Potassium Chloride, Potassium Sulphate.
- Debility**: Silica, Calcium Phosphate, Sodiums.
- Exhaustion**: Potassium Phosphate.
- Expectoration. Albuminous**: Calcium Phosphate.
 Difficult: Sodiums, Potassium Chloride.
 Slips Back: Potassium Sulphate.
 Streaked with blood: Iron Phosphate.
 Thick, yellow, green pus: Silica.
 Watery: Sodiums.
 Yellow, green slimy: Potassium Sulphate.
- Extreme Weakness**: Potassium Phosphate.
- Eyes**, protruded appearance of: Potassium Chloride.
- Flow of Tears**: Sodiums.
- Glottis**, spasm of: Magnesium Phosphate.
- Gurgling of Mucus in Chest**: Potassium, Sulphate.

- Harsh Breathing:** Sodiums.
- Hawking**, to clear throat: Calcium Phosphate.
- Hay Asthma**, for depression: Potassium Phosphate.
- Hectic Fever:** Silica.
- Hemorrhage**, bright red, from lungs: Iron Phosphate.
- Hoarseness from Cold:** Potassium Chloride.
Over exertion of voice: Calcium Phosphate.
Of Speakers: Iron Phosphate.
- Inflammations**, in first stage: Iron Phosphate.
- Loss of Voice:** Potassium Chloride.
- Loud**, noisy cough: Potassium Chloride.
- Milky Sputa:** Potassium Chloride.
- Moaning During Sleep:** Potassium Phosphate.
- Must Go in Open Air for Relief:** Potassium Sulphate.
Set up, in asthma: Magnesium Phosphate.
- Nervous Depression:** Potassium Phosphate.
- Night Sweats About Head:** Calcium Phosphate, Silica, Sodiums.
Profuse: Silica.
- Oedema of Lungs:** Sodiums, Potassium Phosphate.
- Oppression:** Iron Phosphate.
- Pain in Side:** Iron Phosphate.
- Paralysis of Vocal Cords:** Potassium Phosphate.
- Pleurisy**, after effusion: Potassium Chloride.
- Pneumonia**, first stage: Iron Phosphate.
Second stage: Calcium Sulphate, Sodiums, Potassium, Sulphate.
- Prostration:** Calcium Fluoride, Potassium Phosphate.
- Pus Forms in Cavity of Lungs:** Calcium Sulphate.
Spreads out: Calcium, Sulphate, Silica.
- Rales in Chest:** Potassium Chloride.
- Rattling in Chest:** Potassium, Chloride, Sodiums.
- Rheumatic Pains in Lungs:** Calcium Phosphate.
- Rise of Temperature in Evening in Consumption:** Potassium Sulphate, Potassium Chloride, Iron Phosphate.
- Sharp Pains in Chest:** Magnesium Phosphate.
- Sighing During Sleep:** Potassium Phosphate.
- Soreness of Chest:** Iron Phosphate.
- Spasmodic Cough:** Magnesium Phosphate,, Potassium, Phosphate, Potassium Chloride.
At night: Magnesium Phosphate.
Worse lying down: Magnesium Phosphate.
- Speaking Fatigues:** Potassium, Sulphate.
- Spurting of Urine:** Sodiums, Iron Phosphate.
- Sputa**, thick, much, and pus-like: Silica.
- Sudden, Shrill voice:** Magnesium Phosphate.
- Suffocates** in heated room: Potassium Sulphate.
- Stomach Cough:** Potassium Chloride.
- Thick**, tenacious, white phlegm: Potassium Chloride.

- Threatened Suffocation:** Potassium Phosphate.
Tickling in Throat: Calcium Fluoride.
Tongue Coated White: Potassium Chloride.
Uvula, elongated: Calcium Fluoride.
Vessels, pus falls to bottom of: Calcium Sulphate.
Weakness and prostration: Calcium Phosphate.
Weariness in Pharynx: Potassium Sulphate.
Whooping Cough, chronic cases: Calcium Phosphate.
 Fever signs: Iron Phosphate.
 Watery, frothy, expectoration: Sodium Chloride.
 White expectoration: Potassium Chloride.
 With depression: Potassium Phosphate.
 Yellow Slimy: Potassium Sulphate.
 Cough: Sodiums.

CIRCULATORY ORGANS

- Anaemia:** Iron Phosphate, Calcium Phosphate.
 Palpitation in: Sodiums.
Aneurism: Iron Phosphate, Calcium, Fluoride.
Angina Pectoris: Magnesium Phosphate.
Blood, thin, watery: Sodiums.
Arteritis, in congestive stage: Iron Phosphate.
Bloodvessels, dilatation of: Iron Phosphate, Calcium Fluoride,
 Inflammation of: Iron Phosphate.
Carditis: Iron Phosphate.
Circulation, poor: Potassium, Phosphate, Calcium, Phosphate.
Dilatation of Heart: Iron Phosphate.
Dizziness: Potassium Phosphate.
Embolism: Potassium, Chloride.
Endocarditis: Iron Phosphate.
Face, Pallid: Potassium, Sulphate.
Fainting: Potassium Phosphate.
 From fright, grief: Potassium Phosphate.
Hands and Feet Cold: Calcium Phosphate, Sodiums.
Hyperaemia: Iron Phosphate.
Hypertrophy: Calcium Fluoride, Potassium, Chloride.
Ileum, throbbing, boring pain over: Potassium Sulphate.
Irregularity of Heart from Prolapsus Uteri: Calcium Fluoride.
Palpitation, accompanied by anxiety: Potassium Phosphate.
 Melancholia: Potassium Phosphate.
 Nervousness: Potassium Phosphate.
 Restlessness: Potassium Phosphate.
 Sleeplessness: Potassium Phosphate.
 After violent emotion: Potassium Phosphate, Magnesium,
 Phosphate, Iron Phosphate.
 Followed by weakness: Calcium Phosphate, Potassium
 Phosphate.

From indigestion: Sodiums.

Inflammations: Iron Phosphate, Potassium, Chloride.

On ascending stairs: Potassium, Phosphate.

Pericarditis: Iron Phosphate, Potassium, Chloride.

Pressure Above Heart: Sodiums, Potassium, Sulphate.

Pulse Felt All Over Body: Sodiums.

Full, rapid, quick: Iron Phosphate.

Intermittent: Potassium, Phosphate, Sodiums.

Irregular: Potassium Phosphate.

Sluggish: Potassium, Phosphate, Potassium, Sulphate.

Subnormal: Potassium Phosphate.

Shortness of Breath: Potassium, Phosphate.

Skin Hot and Dry, harsh: Potassium Sulphate.

Temperature Rises Toward Evening: Potassium Sulphate.

Trembling About Heart: Sodiums.

Worse after eating: Sodiums.

Uneasiness About Heart: Sodiums.

Varicose Veins: Iron Phosphate, Calcium, Fluoride.

Veins Seem as if They Would Burst: Calcium Fluoride.

Vertigo, with giddiness: Sodiums.

BACK AND EXTREMITIES

Abscess Deep Seated, on boness: Calcium Phosphate, Potassium, Phosphate.

Arthritis: Iron Phosphate, Sodiums.

Articular Rheumatism: Sodiums, Iron Phosphate, Calcium, Phosphate, Silica, Calcium, Sulphate.

Back, feeling of coldness in: Sodiums.

Blisters on Hands, containing water: Sodiums.

Bones Soft and Friable: Calcium Phosphate.

Ulcerations of: Silica, Calcium Sulphate, Calcium Phosphate.

Bowed Legs: Calcium Phosphate.

Burning of Soles of Feet in Consumption: Calcium Sulphate.

Pain in sacrum: Calcium Fluoride.

Cannot Sit Still: Sodiums.

Carbuncles, on back: Calcium Sulphate, Silica.

Caries of Bones, with fistulous openings: Silica.

Chilblains on Hands and Feet: Potassium Phosphate, Potassium Chloride.

Chronic Swelling of Feet and Legs: Potassium Chloride Sodiums.

Coccyx, injuries of: Calcium Phosphate.

Coldness, feeling of, in back: Sodiums.

Of Limbs: Calcium Phosphate.

Cold Water Being Poured over Limbs, sensation as if: Calcium Phosphate.

- Convulsions**, with clenched fingers: Magnesium Phosphate,
Calcium Phosphate.
Stiffening of limbs: Magnesium Phosphate.
- Cracking of Joints**: Sodiums.
- Cracking of Muscles at Back of Wrist**: Potassium Chloride.
- Curvature of Spine**: Calcium Fluoride, Calcium Phosphate.
- Discharge**, bony fragments: Silica, Calcium Sulphate.
- Dislocations, easy**: Calcium Fluoride.
- Drowsy**: Sodiums.
- Electric Shock in Limbs**: Magnesium Phosphate.
- Enlargement of Joints**: Calcium Fluoride.
- Excrescences on Bones**: Calcium Fluoride.
- Fidgets**: Sodiums.
- Fungoid Inflammation of Joints**: Potassium, Sulphate.
- Glands of Neck Swollen**: Potassium Chloride.
- Gout**: Sodiums, Iron Phosphate, Silica, Calcium Sulphate.
- Hand Nails**, with dryness of skin: Sodiums.
- Head**, determination of blood to: Sodiums.
Pain in back of: Sodiums.
- Hip Joint Disease**: Potassium Sulphate, Iron Phosphate, Silica,
Calcium Sulphate.
- Hydro Patilla**: Calcium Phosphate.
- Inflammatory Pains Over Kidneys**: Sodiums, Iron Phosphate.
- Involuntary Movement of Legs**: Sodiums.
- Jerking of Limbs During Sleep**: Sodiums, Silica.
- Lameness**: Sodiums.
- Languid**: Sodiums.
- Limbs, asleep**: Calcium Phosphate.
Feel better by moving: Calcium Phosphate.
- Lumbago**: Calcium Phosphate, Iron Phosphate.
With dragging pains: Calcium Fluoride.
- Neck Muscles Stiff**: Iron Phosphate.
- Neuralgic Pains**, as if on bone: Calcium Phosphate.
Better in cool air: Potassium Sulphate.
Thin, in children: Calcium Phosphate.
Commencing at night: Calcium Phosphate.
In back: Potassium Sulphate, Sodiums.
Limbs: Magnesium Phosphate, Sodiums.
Worse in evenings: Potassium Sulphate.
Warm room: Potassium Sulphate.
- Numbness**, feeling of: Calcium Phosphate, Potassium Phosphate.
- Pains During Rest**: Potassium Phosphate.
In damp weather: Calcium Phosphate.
Worse at Night: Calcium Phosphate.
- Paralysis of Limbs**: Potassium Phosphate.
- Parts Feel Bruised**: Potassium Phosphate.
Stiff: Potassium Phosphate.

- Periodic Rheumatic Gout:** Sodiums.
Periostitis of Syphilitic Origin: Calciums.
Pott's Disease: Silica.
Power of Motion Deficient: Magnesium Phosphate, Silica.
Rheumatism: Sodiums, Iron Phosphate, Calcium Fluoride, Silica.
Shin Pains: Calcium Phosphate.
Slow to Learn to Walk: Calcium Phosphate.
Soreness of Joints: Sodiums.
Spasms in Back: Magnesium Phosphate, Sodiums.
Spinal Cord, softening of: Potassium Phosphate.
 Meningitis: Sodiums.
Sprains: Potassium Chloride, Iron Phosphate.
Stiff Back: Iron Phosphate, Sodiums.
Strains: Iron Phosphate.
Suppuration: Iron Phosphate, Silica, Calcium Sulphate.
 Of joints: Calciums, Sodiums, Silica.
Swelling, Hard: Calcium Fluoride.
Threatened, pus: Silica.
Ulcers, deep seated, on bones: Calcium Phosphate.
 On extremities: Potassium Chloride.
Varicose Veins of Limbs: Calcium Fluoride.
Wandering Rheumatic Pains: Potassium Sulphate.
Weak: Sodiums.

NERVE SIGNS

- Chorea:** Magnesium Phosphate, Calcium Phosphate.
Coldness: Calcium Phosphate.
 After fit: Potassium Phosphate.
Cold Water, pains like trickling of: Calcium Phosphate.
Colic, worse at night: Calcium Phosphate.
Convulsions in old people: Calcium Phosphate.
 Young people: Calcium Phosphate.
 Of teething children: Iron Phosphate, Calcium Phosphate, Magnesium Phosphate.
Cramps in Limbs: Magnesium Phosphate.
 Worse at night: Calcium Phosphate.
Cries Easily: Potassium Phosphate.
Creeping Numbness: Calcium Phosphate.
Despondent: Potassium Phosphate.
Dwells Upon Grievances: Potassium Phosphate.
Epilepsy, accompanied by bulging of eyeballs: Potassium Chloride, Iron Phosphate, Magnesium Phosphate, Sodiums, Calciums.
Electrical Shocks, Pains like: Calcium Phosphate.
Feels Pain Keenly: Potassium Phosphate.
Feet Twitch During Sleep: Sodiums.

- Grinding of Teeth, From Worms:** Sodiums.
Hands Twitch During Sleep: Sodiums.
Head, involuntary shaking of: Magnesium Phosphate, Silica.
Heart, palpitation of: Sodiums.
Hemiplegia: Potassium Phosphate.
Hysterical: Sodiums, Potassium Phosphate.
Impatient: Potassium Phosphate.
Involuntary Motion of Hands: Magnesium Phosphate.
Irritable: Potassium Phosphate.
Lassitude: Sodiums.
Lock Jaw: Magnesium Phosphate.
Makes Mountains out of Mole Hills: Potassium Phosphate.
Nervous Sensitiveness: Potassium Phosphate.
Neuralgia, accompanied by congestion after taking cold: Iron Phosphate, Potassium Phosphate, Sodiums.
Palpitation After Fits: Potassium Phosphate.
Paralysis, accompanied by fetid breath: Potassium Phosphate, Calcium Phosphate, Iron Phosphate, Potassium Chloride, Sodiums.
Sensibility, want of: Magnesium Phosphate.
Spasms Occuring at Night: Silica, Magnesium Phosphate, Calcium Phosphate.
Spinal Anaemia From Exhausting Diseases: Potassium Phosphate.
Tired, weary and exhausted: Calcium Phosphate, Magnesium Phosphate, Potassium Phosphate.
Trembling Hands: Magnesium Phosphate.
Vocal Cords, Paralysis:
Writers Cramp: Magnesium Phosphate.

SKIN SIGNS

- Abscess, for heat and pain:** Iron Phosphate.
Albuminous Discharge: Calcium Phosphate.
Anus, fissure of: Calcium Fluoride.
Blister With Water Content: Potassium Phosphate, Sodiums.
Boils: Silica, Calcium Sulphate, Sodiums.
Burns: Potassium Chloride, Iron Phosphate, Calcium Phosphate.
 Apply first two powdered
Burning, as from nettles: Calcium Phosphate.
Carbuncles: Silica, Calcium Sulphate, Sodiums, Potassium Chloride, Iron Phosphate.
Chafed Skin of Infants: Sodiums.
Chapped Hands From Colds: Iron Phosphate, Calcium Fluoride, Sodiums.
Chicken Pox: Iron Phosphate, Potassium Chloride, Calcium Sulphate, Silica.

- Chilblains:** Potassium Phosphate, Potassium Chloride.
- Colorless, watery vesicles:** Sodiums.
- Cracks in Palms of Hands:** Sodiums, Calcium Fluoride.
- Dandruff:** Potassium Sulphate, Sodiums, Calciums, Silica.
- Dry Skin:** Calcium Phosphate, Potassium Sulphate.
- Eczema:** Potassium Phosphate, Sodiums, Calciums, Silica.
- Eruptions From Bad Vaccine,** Potassium Chloride, Calcium Sulphate, Sodiums, Iron Phosphate.
- Erysipelas:** Sodiums, Iron Phosphate, Potassium Chloride, Silica.
- Face Full of Pimples:** Sodiums, Calciums, Iron Phosphate, Silica.
- Felons:** Sodiums, Calciums, Iron Phosphate, Potassium Chloride, Silica.
- Festers Easily:** Calcium Sulphate, Silica.
- Fevers, with skin dry and hot:** Potassium Sulphate, Iron Phosphate.
- Glands, swollen:** Potassium Chloride, Iron Phosphate, Calcium Sulphate, Silica.
- Greasy Scales on Skin:** Potassium Phosphate.
- Hang Nails:** Sodiums.
- Hard Callous Skin:** Calcium Fluoride.
- Heals Slowly:** Silica.
- Herpes in Bend of Knees:** Sodiums.
- Hives:** Sodiums, Calciums.
- Horny Skin:** Calcium Fluoride.
- ..Ingrowing Toe Nail:** Potassium Chloride, Silica, Calcium, Sulphate.
- Itching, as from nettles:** Calcium Phosphate.
Of skin, crawling: Potassium Phosphate, Calcium Phosphate.
While undressing: Sodiums.
Without eruptions: Calcium Phosphate.
- Leprosy, copper colored spots:** Silica.
Nasal ulcerations: Silica.
- Matterly Scabs on Head of Pimples:** Calcium Sulphate.
- Measles:** Sodiums, Potassiums, Calciums, Iron Phosphate.
- Moist Scabs on Skin:** Sodiums.
- Nails, diseased:** Potassium Sulphate, Silica.
- Nettle Rash:** Sodiums.
- Perspiration, lack of:** Potassium Sulphate.
On hands: Calcium Phosphate.
- Pimples on Face:** Silica, Potassium Chloride.
- Rawness of Skin in Little Children:** Sodiums.
- Scalds, when pus:** Calcium Sulphate, Potassium Chloride.
- Scales Freely on Sticky Base:** Potassium Sulphate.
- Scaling Eruptions on Skin:** Calcium Phosphate.

- Scarlet Fever:** Potassium Chloride, Sodiums, Iron Phosphate, Potassium Phosphate.
- Scrofulous Eruptions:** Calciums, Silica.
- Secretions Irritate:** Potassium Phosphate.
- Shingles:** Sodiums, Potassium Chloride.
- Small Pox, heat and fever:** Iron Phosphate, Calcium Sulphate, Potassium Phosphate, Potassium Sulphate, Sodiums, Potassium Chloride.
- Stings of Insects:** Sodiums.
- Unhealthy Looking Skin:** Silica.
- Warts:** Potassium Chloride.
In palm of hands: Sodiums.
- Withered Skin:** Potassium Phosphate.
- Wounds** do not heal readily: Calcium Sulphate.
Neglected, discharge pus: Silica.
- Wrinkled Skin:** Potassium Phosphate.

TISSUES

- Abscess,** bleeds easily after pus forms: Silica.
- Atrophic Condition of Old People:** Potassium Phosphate.
- Blood Coagulates** rapidly: Iron Phosphate.
- Bones Diseased:** Soft parts inflamed: Iron Phosphate.
Easily broken: Calcium Phosphate.
Friable: Calcium Phosphate.
Weak: Calcium Phosphate.
Will not unite: Calcium Phosphate.
- Bruises:** Iron Phosphate.
On bones: Calcium Fluoride.
- Burns:** Potassium Chloride, Iron Phosphate, Calcium Fluoride.
- Dropsy:** Sodiums, Calciums, Potassiums, Iron Phosphate, Silica.
- Gangrenous Conditions:** Potassium Phosphate, Silica.
- Lymphatic Glands,** inflammation: Sodiums.
- Mumps:** Iron Phosphate, Potassium Chloride, Sodiums.
- Pancreas,** diseases of: Calcium Phosphate.
- Polypi:** Calcium Phosphate.
- Proud Flesh:** Potassium Chloride.
- Rickets:** Calciums, Potassiums, Iron Phosphate.
- Scurvy:** Potassiums, Calciums, Iron Phosphate, Silica.
- Soft Tissues,** all injuries to: Iron Phosphate.
- Stunted Growth:** Calciums.
- Wasting Disease:** Potassium Phosphate.

FEVER SIGNS

- Acid Signs:** Sodiums.
- Bilious Fevers:** Sodiums.
- Blood Poisoning:** Potassium Sulphate, Calcium Sulphate, Silica.

- Brain Fever:** Potassium Phosphate.
Catarrhal Fever: Iron Phosphate.
Chills up and Down Spine: Magnesium Phosphate.
Cold Sweat on Body: Calcium Phosphate.
Delirium: Potassium Phosphate.
Diarrhoea: Calcium Sulphate.
Drowsiness: Sodiums.
Flashes of Heat: Sodiums.
Gastric Fever: Iron Phosphate.
Increased Thirst: Sodiums.
Intermittent Fever, with cramps in legs: Magnesium Phosphate.
 After abuse of quinine: Sodiums.
 From living in damp regions: Sodiums.
Nervous Chills, chattering teeth: Magnesium Phosphate, Potassium Phosphate.
Night Sweats: Silica.
Offensive Foot Sweats: Silica.
Perspiration, excessive: Calcium Phosphate, Potassium Phosphate, Sodiums.
Profuse Night Sweats: Sodiums, Silica, Calcium Phosphate.
Phthisis: Silica
Child Birth Fever: Potassium Chloride, Potassium Phosphate.
Pulse, subnormal: Potassium Phosphate.
Rheumatic Fever: Potassium Chloride, Iron Phosphate.
Scarlet Fever: Iron Phosphate, Calciums, Sodiums Potassiums, Silica.
Shivering at Beginning of Fever: Calcium Phosphate, Iron Phosphate.
Stupor: Sodiums, Potassium Phosphate.
Twitching: Sodiums.
Typhoid Fever: Sodiums, Iron Phosphate, Potassium Chloride, Calcium Sulphate.

SLEEP SIGNS

- Constant Desire to sleep in morning:** Sodiums.
Dreams Much: Sodiums.
Drowsy: Sodiums, Magnesium Phosphate, Calcium Phosphate.
Dull: Sodiums.
Emptiness in Stomach: Potassium Phosphate.
Excessive Sleep, from an excess of moisture in brain: Sodiums.
Grits Teeth: Sodiums.
Hard to Wake in Morning: Calcium Phosphate.
Heavy Anxious Dreams: Sodiums.
Hysterical Yawning: Potassium Phosphate.
Itching of Anus: Sodiums.
Jerking of Limbs in Sleep: Silica, Sodiums.
Lethargy, with bilious signs: Sodiums, Potassium Sulphate.

Nightmare: Sodiums, Potassium Sulphate.

Picks Nose: Sodiums.

Restless Sleep From Worms: Sodiums, Calcium Phosphate.

Screams in Sleep: Sodiums.

Sleep Does Not Refresh: Sodiums.

Sleepiness, with hectic fever: Calcium Sulphate.

Sleeplessness After Excitement: Iron Phosphate, Potassium Phosphate, Magnesium Phosphate, Silica.

Somnambulism: Potassium Phosphate.

Stretching From Nervous Cause: Potassium Phosphate.

Stupid: Sodiums.

Tired in Mornings: Sodiums.

Vivid Dreams: Calcium Phosphate.

Wakefulness: Potassium Phosphate, Iron Phosphate.

Wakefulness in Old People: Silica.

Weariness, from nervous causes: Potassium Phosphate.

With bilious symptoms: Sodiums.

Yawning, from nervous causes: Potassium Phosphate.

With straining of lower jaw: Sodiums.

GLOSSARY

- Affinity**—Attraction.
Atom—Smallest part.
Alimentary—Canal extending from the mouth through the intestines.
Animate—Alive.
Inanimate—Not alive.
Albumin—The liquid part of the blood called serum.
Abnormal—Not natural.
Bio-Chemistry—Bio—life. Chemistry—a study of the substances which make life and the changes which they undergo.
Chemical—Operations of chemistry.
Constituents—That which composes.
Conductive—Carrying power.
Collapse—Cave in.
Cell—A small cavity.
Demineralized—Not containing mineral.
Degerminalized—To kill or take away the early stage of an embryo.
Embryo—The beginning of any thing.
Extractives—That which can be taken away.
Equilibrium—State of balance.
Engorgement—Over fullness of body vessels.
Fibre—A thread like object.
Ferments—To undergo fermentation like yeast.
Function—Office.
Inert—Powerless to move.
Immutable—Unchangeable.
Immune—Protected against disease.
In-Organic—Not having organs.
Liver—A large gland which secrets bile and changes the substances which form blood molecules.
Malignant—Tending to produce suffering.
Normal—Natural.
Organic—System of organs.
Pliable—Easy to bend.
Potency—Strength.
Peristaltic—Worm like wave motion.
Propagate—To multiply.
Pancreas—Gland secreting into the intestine called sweetbread.
Solution—A substance is absorbed into a liquid.
Sheath—Case for a nerve.
Soluble—Able to dissolve.
Tetanic—Like lock jaw.
Triturate—To grind.
Vitamine—The seat of life.

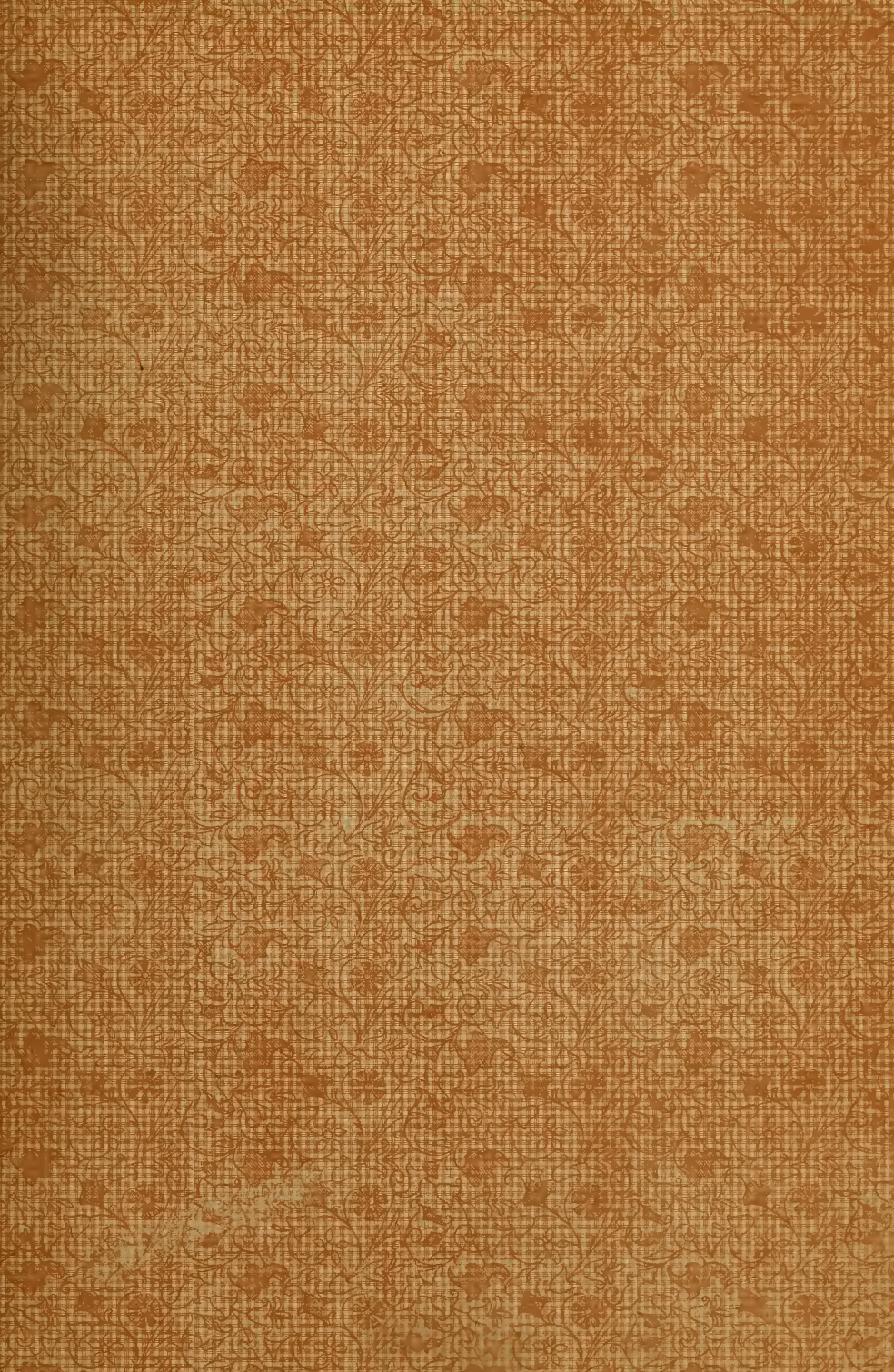
INDEX

Subject	Page
Bio-Chemistry -----	7
Blood Stream -----	43
Calcium Fluoride -----	22
Calcium Phosphate -----	23
Calcium Sulphate -----	25
Classification of Minerals -----	19
Diseases -----	19
Diseases and Causes -----	45
Food -----	11
Glossary -----	96
Helps -----	59
Iron Phosphate -----	26
Meat -----	15
Mineral, How to get to Blood Stream -----	16
Magnesium Phosphate -----	32
Potassium Phosphate -----	30
Potassium Sulphate -----	31
Potassium Chloride -----	28
Repertory (store house) -----	61
Questions and Answers -----	51
Sodium Phosphate -----	37
Sodium Sulphate -----	39
Sodium Chloride -----	34
Silica -----	41

INDEX FOR REPERTORY

Subject	Page	Subject	Page
Abdomen and Stool Signs -----	76	Male Sexual Organs -----	80
Back and Extremities -----	88	Nerve Signs -----	90
Circulatory Organs -----	87	Nose Signs -----	68
Eye Signs -----	65	Pregnancy -----	83
Ear Signs -----	66	Respiratory Organs -----	84
Face Signs -----	69	Sleep Signs -----	94
Female Sexual Organs -----	81	Skin Signs -----	91
Fever Signs -----	93	Teeth Signs -----	72
Gastric Signs -----	74	Throat Signs -----	73
Head Signs -----	61	Tissues -----	93
Mental Signs -----	63	Tongue Signs -----	71
Mouth Signs -----	70	Urinary Organs -----	79





LIBRARY OF CONGRESS



0002610192A

